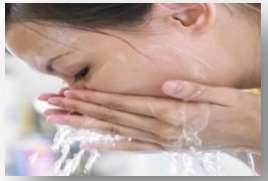
SKIN *CARE*



NAHDI TRAINING ACADEMY
Pharmacy Training
Induction unit

OUR OBJECTIVES

By the end of this session you will be able to :

1- Dispense a proper skin care regimen for different skin types.

2- Approaching the skin cure properly.

3- Understand the ***COSMECEUTICAL (premium)*** *concept.*

4- Recognize the ***COSMECEUTICAL*** products in NMC.

COSMECEUTICALS

Cosmeceuticals

mixture between cosmetics and medicine

Like cosmetics topically applied to improve appearance.

Like drugs contain ingredients influence skin biological functions.

NUXE
PARIS

Eucerin®

URIAGE
EAU THERMALE

BIODERMA
LABORATOIRE DERMATOLOGIQUE

SVR
LABORATOIRE DERMATOLOGIQUE

INSTITUT
ESTHEDERM
PARIS

VICHY
LABORATOIRES

DUCRAY
LABORATORIOS DERMATOLÓGICOS

LA ROCHE-POSAY
LABORATOIRE PHARMACEUTIQUE

EAU THERMALE
Avène

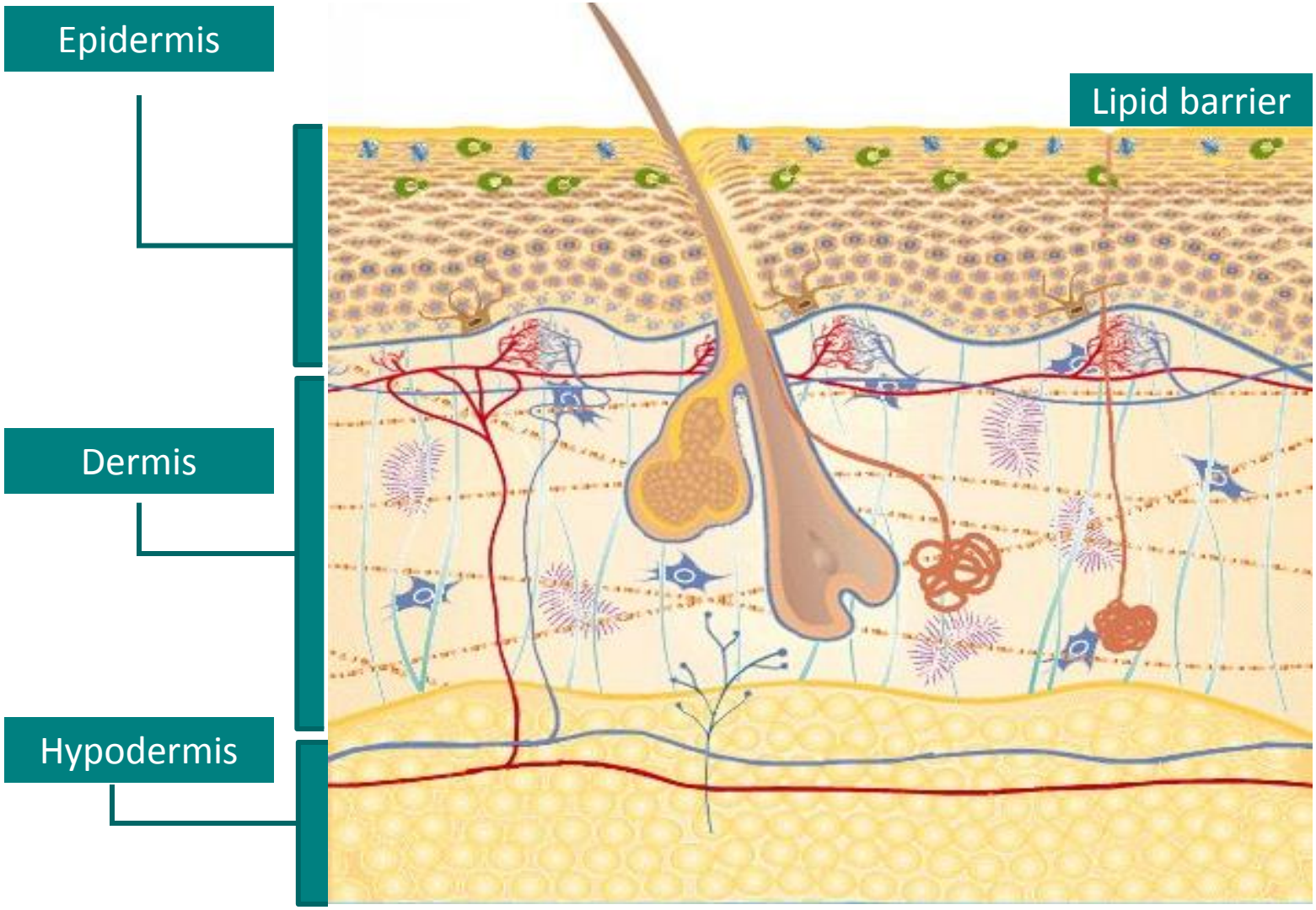
A-DERMA
RHEALBA® HAFER

BIONNEX
ORGANICA

ABCDerm
by BIODERMA

Mustela®

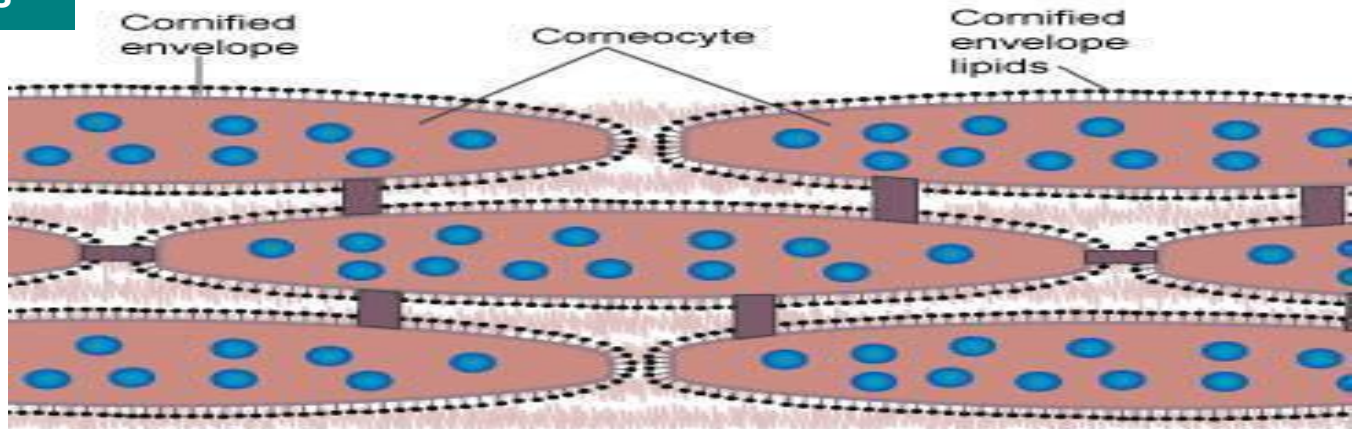
Skin structure



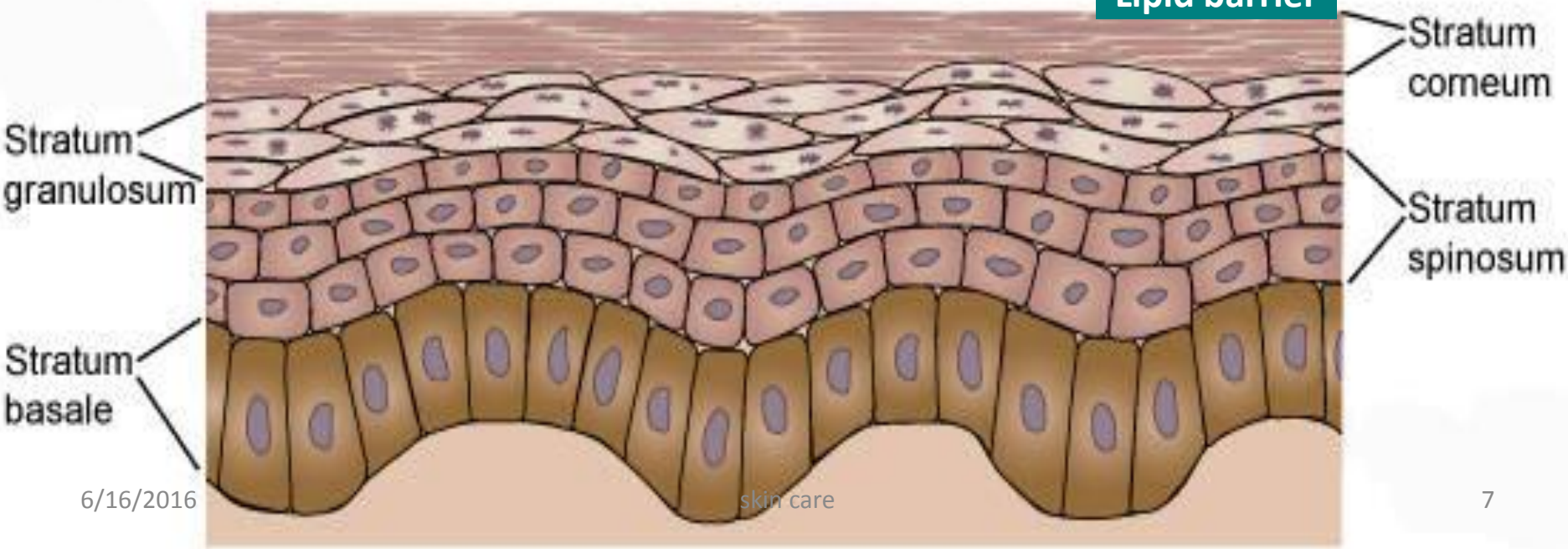
Skin consists of 3 layers (epidermis, dermis and subcutaneous hypoderms)

Skin structure

Epidermis



Lipid barrier



Skin function

- Appearance .
- Protection (bacteria-heat-chemicals-UV)
- Temp. Regulation (sweating).
- The 5th sense (touch)

Types of skin

Sebum secretion

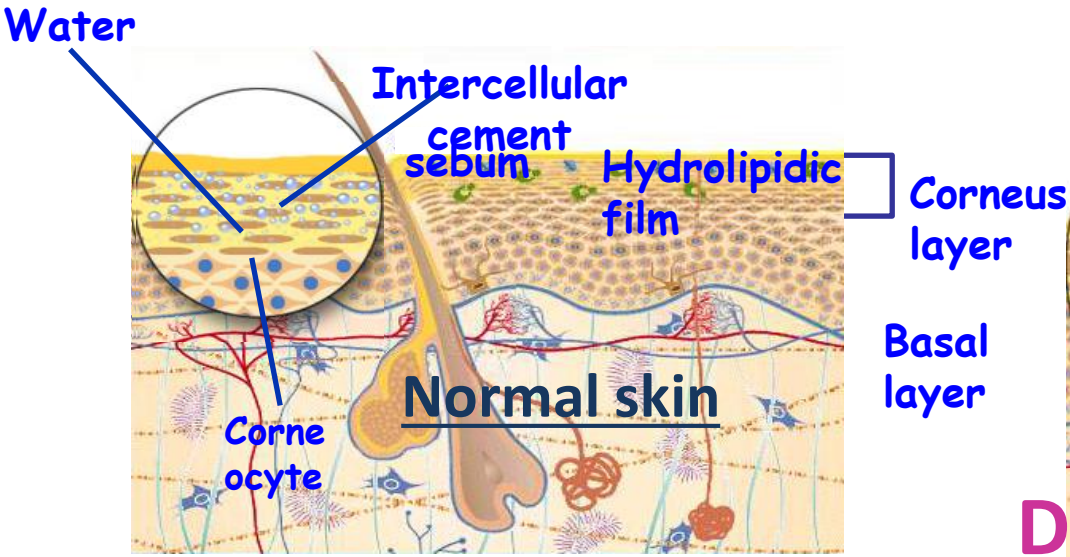
- Normal Skin
- Oily Skin
- Dry Skin
- Combination Skin

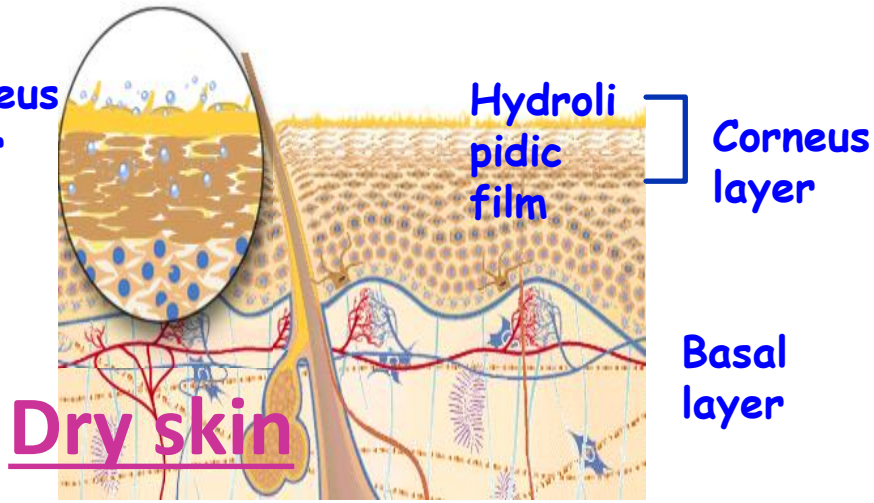
Color

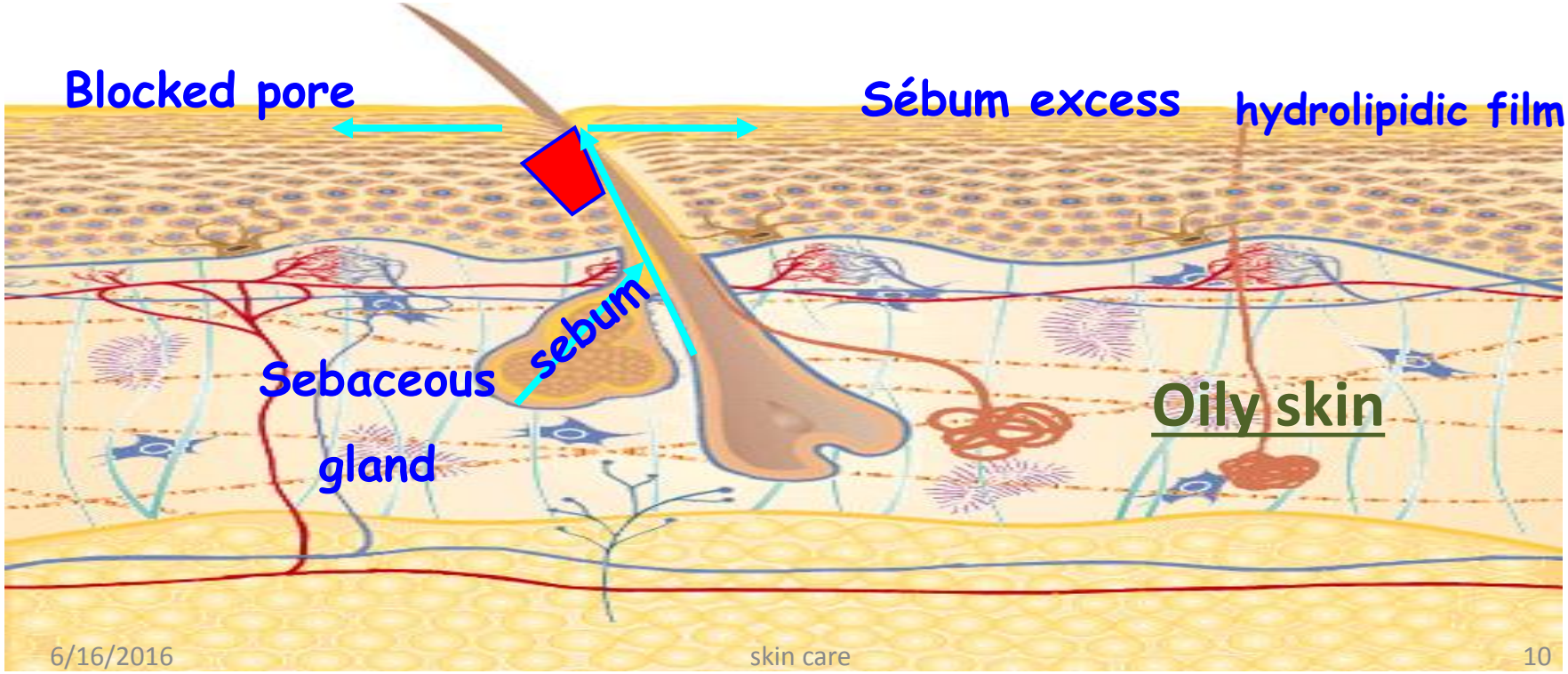
- Phototype 1
- Phototype 2
- Phototype 3
- Phototype 4
- Phototype 5
- Phototype 6

Sensitivity

- Sensitive
- Non Sensitive


Water
Intercellular cement
sebum
Hydrolipidic film
Corneus layer
Basal layer
Normal skin
Corne ocyte


Hydroli pidic film
Corneus layer
Basal layer
Dry skin


Blocked pore
Sébum excess
hydrolipidic film
sebum
Sebaceous gland
Oily skin

dry skin

Dry skin characters

- redness & itching
- Tight
- Rough & scaly
- fine line
- (dull)

Shiny & enlarged pores

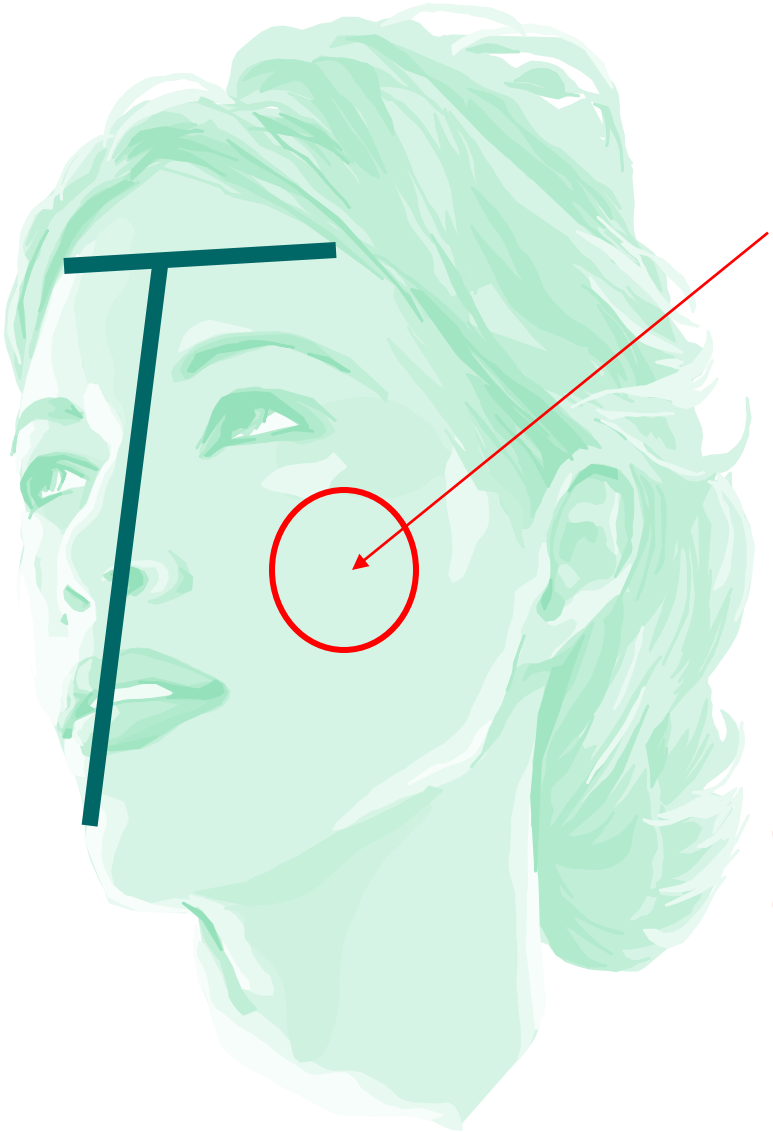
Combination skin

OILY T ZONE

- open pores
- impureties
- black Head
- shiny

T ZONE :

- deep cleansing
- mattifying agent (shine removing)



DRY CHEEKS

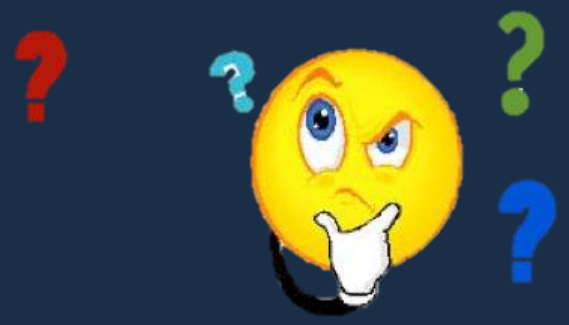
- **taut**
- **pulling**
- **coarse**
- **flaky**

DRY CHEEKS :

- **HYDRATION**
- **NUTRITION**

Skin

	Care	Problems
1	Cleansing	Dryness
2	Toning	hyperpigmentation
3	Exfoliation	Aging
4	Hydration	Cellulite
5	Sun Protection	Stretch Marks
		Acne



170 19

3 ? 237

60 91

Step1 : Cleansing

Is it soap ?

Step1 : Cleansing

Benefits

- Clean dirt, makeup and contaminants.
- Clear way for the active ingredients penetration of next steps.

Frequency

- twice daily.
- More than twice for oily skin .

Cleansers classification

Cleansers

Skin type	Application	Function
Normal	Wet	Whitening
Dry-sensitive	dry	Anti-aging
Oily		Acne prone

Oily skin cleanser

Normal skin cleanser

Dry skin cleanser

CLEANSING

WET

Cleansing bar

Cleansing gel

Cleansing foam

DRY

Cleansing Milk or Lotion

Cleansing Solution or H_2O

Cleansing wipes

Wet cleanser

Dry cleanser

Wet cleanser

Dry cleanser

Cleanser contain vitamin C

"classification according to function"

Eye cleanser

The skin around eyes has

- No sebaceous gland
- Thinner & more sensitive
- It overlies dense capillary network
- Of wide variety in their characters
  (water-based, water proof formulas).

Eye make up remover

*For sensitive eyes.
*Same PH of tears.
*Suitable with lenses wearers.
* of mixed cleansing properties

Skin

Care

1. Cleansing
2. Toning
3. Exfoliation
4. Hydration
5. Sun Protection

CLEANSING PROCESS

cleansing

- Clean dirt, makeup.
- Clear the way for the active ingredients.

toning

- Pore tightening
- Decrease sebum secretion
- Removal of cleanser residue
- Cooling effect

TONERS NAMES

- ✓ Skin Fresheners.
- ✓ Toners .
- ✓ Astringents .
- ✓ Pore lotion .
- ✓ Pore tightener.

Astringents found in toner

- Alcohols

- Organic acids of low M.W :

  ex : lactic and citric acid

- Salts :

  ex : Al. salt & Zn. salt

Toner for oily skin

- High levels of alcohols.
- Antimicrobial agents .(Triclosan)
- Keratolytic agents ex.(Salicylic acid, glycolic acid)

Toner for dry skin

- Alcohol-free toners are products of choice .
- Or very Low alcohol conc. Toner.
- moisturizers as Allantoin or chamomile

toner

Eucerin
Dermo PURIFYER
TONER
Clears the skin
and prevents blemishes
2% Lactic Acid
Follicle Targeting System
Oil Free
MEDICAL SKINCARE

VICHY
LABORATOIRES
NORMADERM
TONIQUE ASTRINGENT
PURIFIANT
Élimine les impuretés
pour un relief plus régulier
ZUIVERENDE
ADSTRINGERENDE LOTION
Bestrijdt puistjes
Sluit de poriën zichtbaar,
voor een regelmatiger huidreliëf
TESTÉ
SUR PEAU À IMPERFECTIONS
HYPOALLERGÉNIQUE

L'ORÉAL
DERMO-EXPERTISE
NEW
PURE
ZONE
PORE TIGHTENING &
CLARIFYING TONER
ISOBACTEH
85% SMOOTHER SKIN

toner

L'ORÉAL
DERMO-EXPERTISE
HYDRAFRESH
ANTI-SHINE
Purifying & Matifying
Icy Toner
Deep marine source water
+ Purifying minerals
For shiny skin

L'ORÉAL
PARIS
DERMO-EXPERTISE
NEW PACK
TRIPLE ACTIVE
RE•NOURISH
VELVETY TONER
Oligo-Proteins™
TONES
NOURISHES
ILLUMINATES
Dry and Sensitive Skin

L'ORÉAL
PARIS
DERMO-EXPERTISE
WHITE PERFECT
Whitening &
Moisturizing
TONER

L'ORÉAL
PURE
ZONE
PORE TIGHTENING &
CLARIFYING TONER
ISOBACTER
Salicylic Acid
81%

L'ORÉAL
PARIS
DERMO-EXPERTISE
NEW
REVITALIFT
Anti-Wrinkle + Firming
AQUA-MILKY
TONER
Moisturize and Revitalize
Pro-Retinol A forte
+ Fibre-Elastyl

BIODERMA
LABORATOIRE DERMATOLOGIQUE
Sébium
Pore Refiner
CONCENTRÉ CORRECTEUR
PORES DILATÉS
BREVET/PATENT FLUIDACTIV®
PEAUX MIXTES/GRASSES
Resserre les pores
Affine le grain de peau
CORRECTIVE CONCENTRATE
FOR DILATED PORES
COMBINATION/OILY SKIN
Tightens the pores
Refines the skin texture
30 ml e

Skin

Care

1. Cleansing
2. Toning
3. Exfoliation
4. Hydration
5. Sun Protection

Exfoliate your way to healthier skin

benefits

1-Removal of dead cells.

2-Renewal of skin.

3-Whitening.

4-Collagen stimulation.

Types

Physical exfoliation
(Scrub)

FRICTION BETWEEN SKIN & MICROBEADS

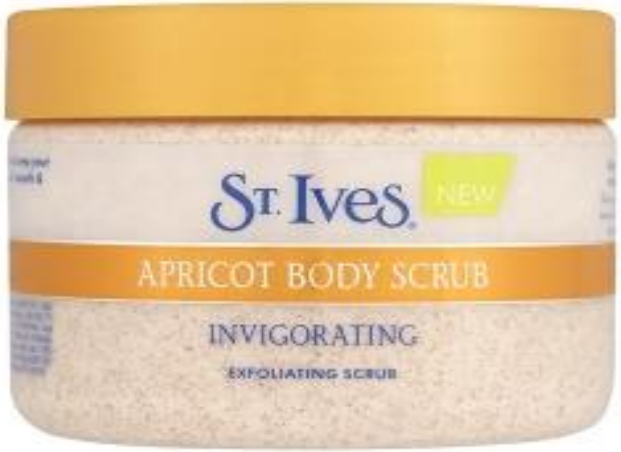
Chemical exfoliation
(Peeling)

AHA,PHA,OHA, isotretinoin, azelic acid, retinoic acid, retinaldhyde, salysilic acid

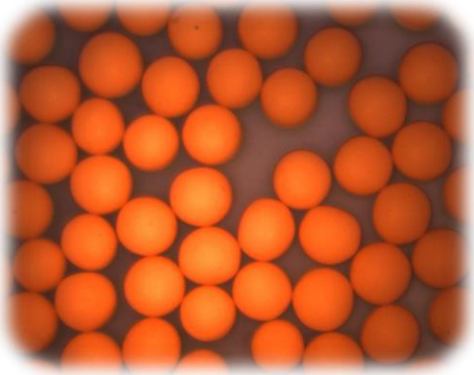
Physical scrubs (Abrasives)

- Ground and fruit Or Polyethylene beads.
- Cheap in price .
- Not for sensitive skin (rough-edged particles)

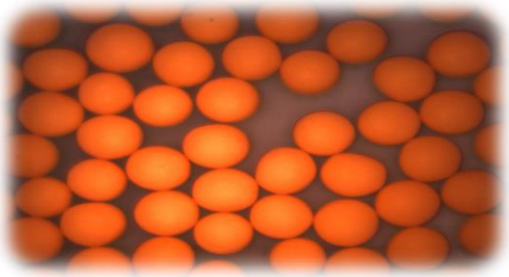
Ground & Fruit beads



Polyethylene Beads



- Most products on market .
- Mild scrubbing, for sensitive skin (smooth edges)



Polyethylene beads

NIVEA Gentle Exfoliating Scrub

Polyethylene beads

Vichy Purette Thermal exfoliate

Polyethylene beads

NUXE face exfoliating gel

Nutshell powder with &rose petals

NUXE
face exfoliating gel

NUXE
body exfoliating cream

Chemical Exfoliation

AHA,PHA,OHA,

ISOTRETINOIN, AZELIC ACID

Glycolic acid	Citric acid
Malic acid	Lactic acid
Tartaric acid	Pyruvic acid

AHA

CHEMICAL EXFOLIATION peeling

KERATOLYTIC
(dead cell)

CELL RENEWAL

COLLAGEN STIMULATION

NMF

SEBO-REGULATOR

AHA uses
(GLYCOLIC ACID)

WHITENING

ACNE

MOISTURIZER

WRINKLE

CHEMICAL EXFOLIATION peeling

KERATOLYTIC
(dead cell)

CELL RENEWAL

COLLAGEN STIMULATION

NMF

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(GLYCOLIC ACID)

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ACNE

MOISTURIZER

WRINKLE

CHEMICAL EXFOLIATION peeling

KERATOLYTIC
(dead cell)

CELL RENEWAL

COLLAGEN
STIMULATION

NMF

SEBO-REGULATOR

AHA uses
(GLYCOLIC ACID)

WHITENING

ACNE

MOISTURIZER

WRINKLE

CUSTOMER EDUCATION

Physical Scrubbing

- ✓Gentle rubbing ..
- ✓ Mostly twice a week
- ✓Micro-beads choice size (face-body)

Chemical Peeling

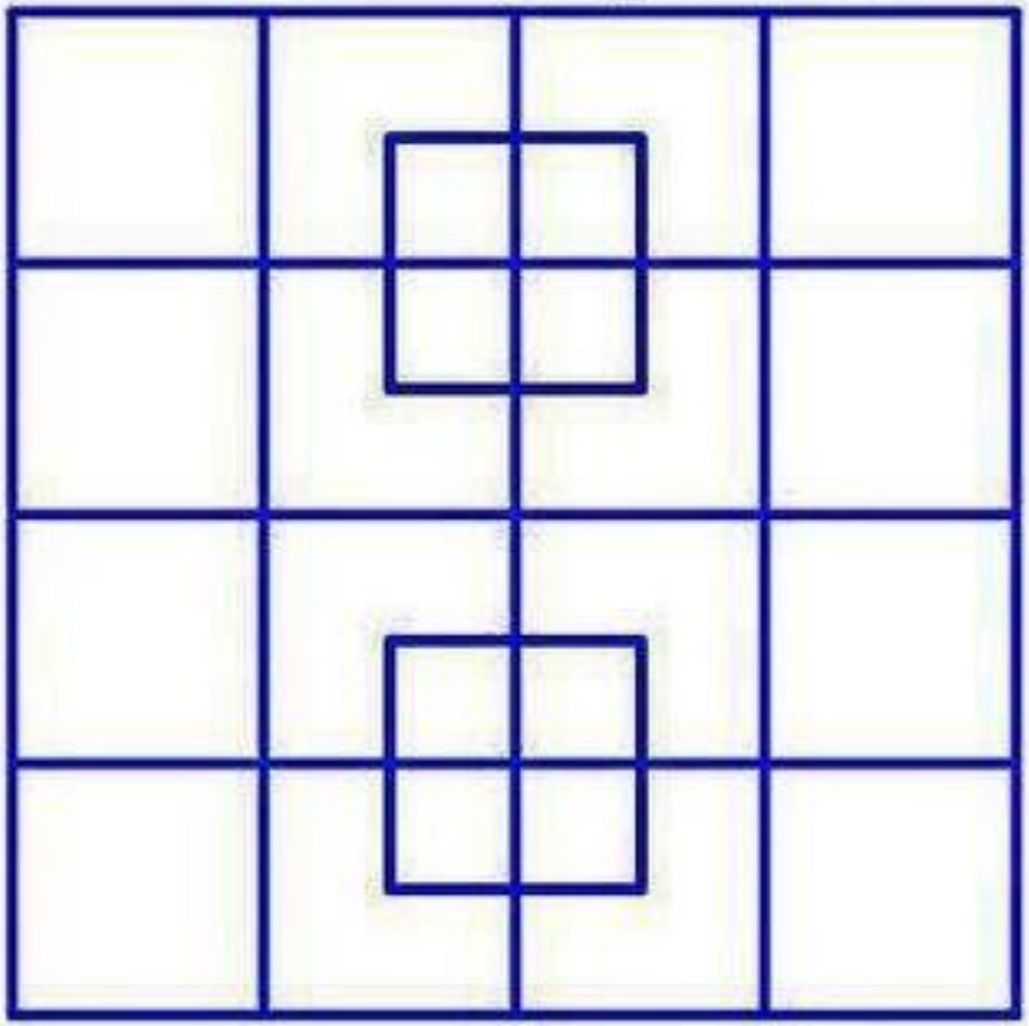
- ✓At night
- ✓Not exceed 15 % as OTC
- ✓Sun protection at morning

Skin

Care

1. Cleansing
2. Toning
3. Exfoliation
4. Hydration
5. Sun Protection

How many squares are in this picture?



HYDRATION

Hydration

WHY ?

1- smooth, radiant healthy appearance.

2- slow trans epidermal water loss (TEWL)

3-prophylaxis against wrinkle.

Dry skin ……
(lack of water or lack of lipid ??)

Regular soap

Excess caffeine

Low estrogen

Wi
weat

Moisturizing Target (plan)

retaining water content

Increasing water content

Restoring lipid barrier

Occlusives

Humectants

Functional Ingredients

1-Occlusives

Oily layer on the skin ↓ water evaporation

- **Lanolin** is the first one used.
- **Petroleum jelly** the most common recently.
- **Beeswax.**

Effective when applied directly after washing

Limitation of Occlusive

- **Occlusive have some limitations :**
  - ❑ **Odor .**
  - ❑ **Potentially allergic.**
  - ❑ **Greasy.**
  - ❑ **Comedogenic.**

2-Humectants

- **Humectants are substances that absorbs water :**
  1. **from the dermis to the epidermis.(dry weather)**
  2. **from the external environment .(humid weather)**

but in dry condition?

Common Humectants

Medscape® www.medscape.com

- Gelatin
- Glycerin
- Honey
- Hyaluronic acid
- Panthenol
- Propylene glycol
- Sodium and ammonium lactate
- Sodium pyrrolidine carboxylic acid
- Sorbital
- Urea

Source: Skin Therapy Lett © 2005 SkinCareGuide.com

3-Functional Ingredients

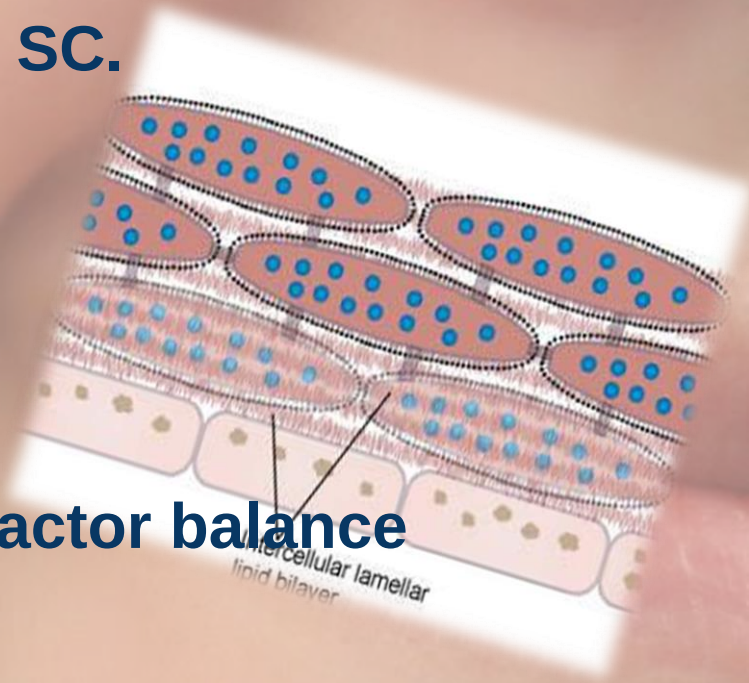
The ingredients that intend to :

- **restore lipid barrier functions of the SC.**

  ceramid & vitamin pp

  omega

  sterols & FA



- **Restoring the natural moisturizing factor balance**

  urea

  lactic acid

  glycolic acid

lipid barrier composed of ceramid, cholesterol & fatty acid

WHO REACH ...1 ... FIRST?

Occasional-Temporary Hydrating (humectants & occlusive)

Oily skin Hydrating products

BB skin hydrating creams

HAND Occasional-Temporary Moisturizing (humectants & occlusive)

Occasional-Temporary Moisturizing
Dry Sensitive skin
(humectants & occlusive) Fragrance Free

Occasional-Temporary Moisturizing
Dry skin
humectants & occlusive

(non-occasional dryness) Functional Ingredients

(non-occasional dryness) Functional Ingredients

(non-occasional dryness) Functional Ingredients

Dry, rough and flaky Body
(Moisturizers contain chemical exfoliates)

Dry, rough and flaky Body (Moisturizers contain chemical exfoliates)

Akerat cream contains lactic acid, urea 10 % & salicylic acid and is used for dry scaly skin,……

Lip palm products

Any questions?

1	✗	11	✓	21	✓
2	✓	12	✓	22	✗
3	✓	13	✓	23	A B C
4	✗	14	✗	24	D
5	✗	15	✗	25	A
6	✓	16	✓	26	D
7	✓	17	✗	27	C
8	✗	18	✗	28	D
9	✓	19	✗	29	A B
10	✓	20	✗	30	A B

Skin

Care

1. Cleansing
2. Toning
3. Exfoliation
4. hydration
5. Sun Protection

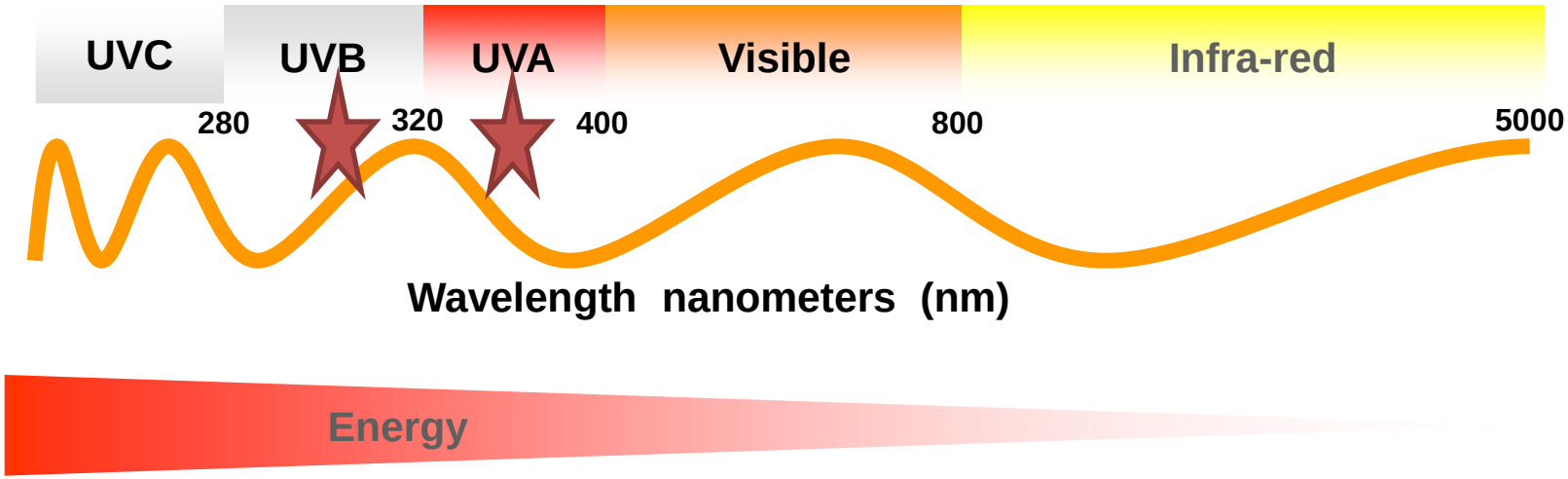
Sun care

SUN SCREEN

SUN TAN

SUN BURN

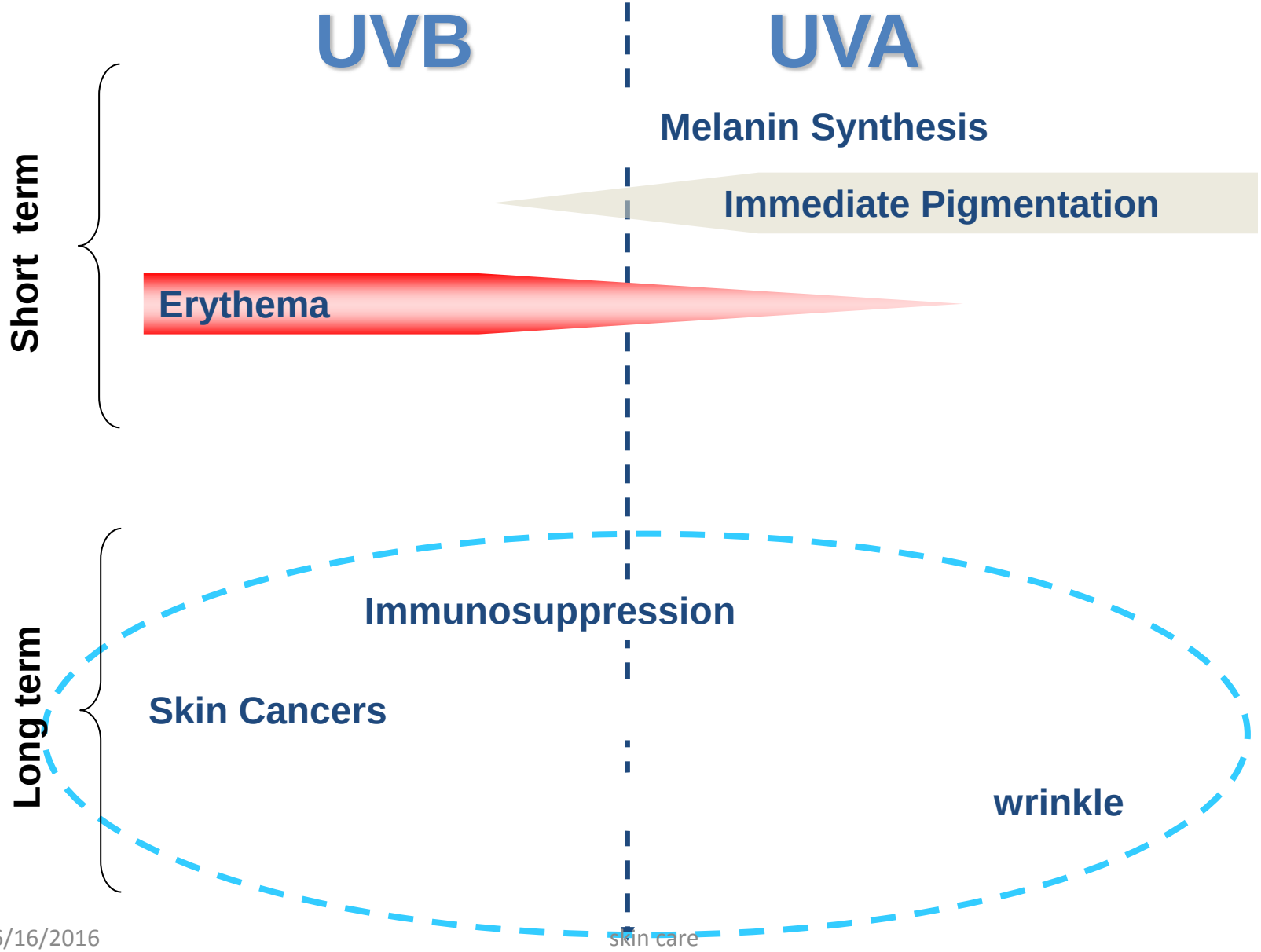
Normal solar radiation



UVB: high energy (short wavelength) (epidermal activity)

UVA : less energy (long wavelength) deeper action (dermis activity)

UV RAYS action



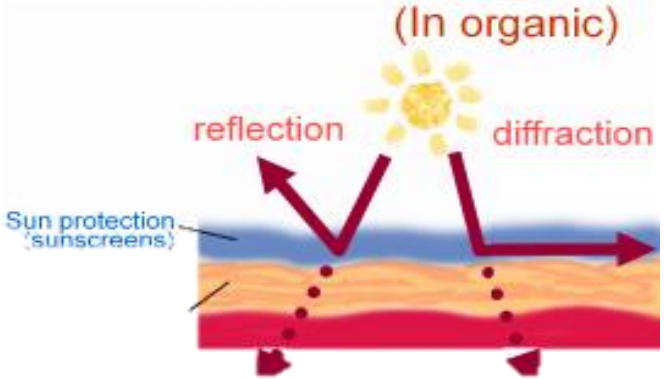
Sun protection
Prevention is better than cure.

SUN SCREEN IMPORTANCE

- ↓ hyperpigmentation.
- Skin dryness & aging (wrinkles).
- Avoid sun burn (erythema).
- Reduce skin cancer.

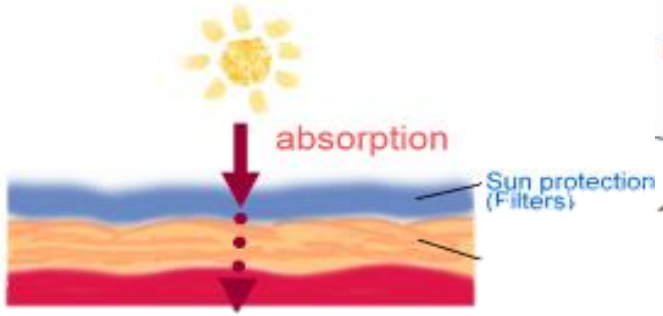
Sunscreen Action

Sunscreens (physical)
(In organic)



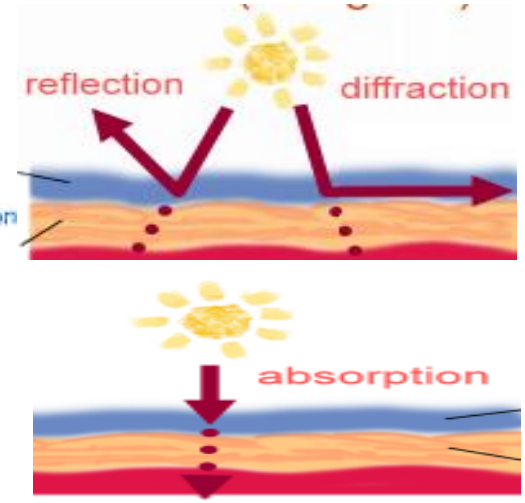
Reflect sun rays
Ex .zn oxide
titanium dioxide

Filters (chemical)

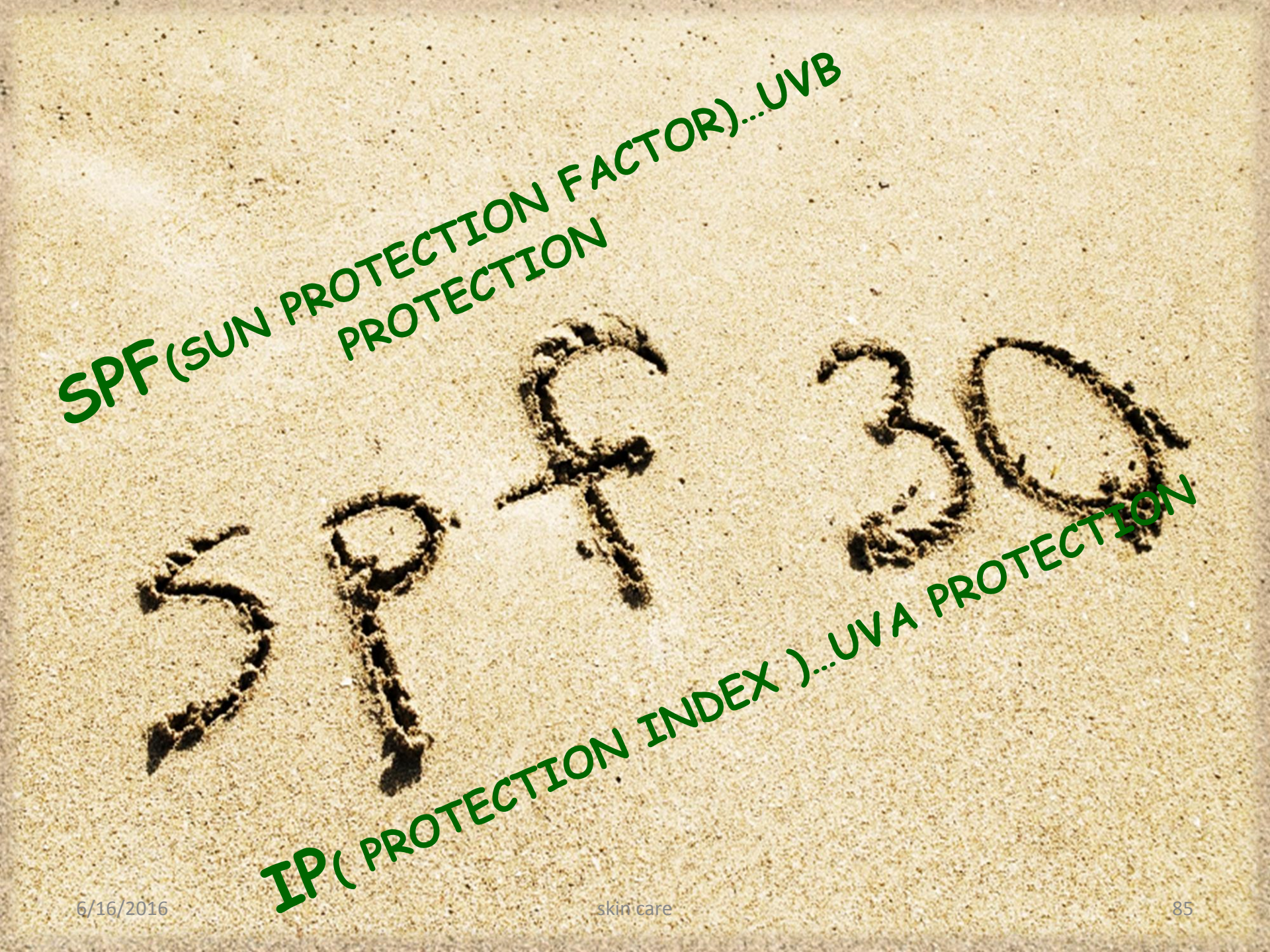


Absorb sun rays &
preventing them
From penetrating skin
Ex. Tinosorb S

Organic particulates



Reflection & absorption
Ex. Tinosorb M


SPF(SUN PROTECTION FACTOR)...UVB PROTECTION
SPF 30
IP(PROTECTION INDEX)...UVA PROTECTION

How to use sunscreen ???

- 15-30 min before sun exposure
- Reapply regularly every 2-3 hrs
- Reapply after every water & sweat exposure
- 1/4-1/3 teaspoonful for face

Not reapplying could even cause more cell damage than not using sunscreen at all, due to the release of extra free radicals from those sunscreen chemicals which were absorbed into the skin.

Water resistant: maintains SPF for at least 40 min of water exposure
Water proof: maintains SPF for at least 80 min of water exposure

SUN SCREEN

AGE (action)	SPECIAL CASE	SKIN TYPE	BODY AREA	STRENGTH & DURATION
ADULT (CHEMICAL)	COMPACT SVR	CREAM	CREAM OR FLUID	SPF 30
CHILD (PHYSICAL)	TIENT	FLUID, EMULSION, CREAM GEL, GEL	MILK OR SPRAY	SPF 50
	SPOT BIODERMA			SPF 100
	MINERAL SVR			

٢٧00/5

147

٧٥0

?

2/5

١٥3

1200/5

Photoderm cream

photoderm fluid

oily & combination skin

dry & normal skin

URIAGE
EAU THERMALE
BARIÉSUN
CRÈME
SPF 50+
TRÈS HAUTE PROTECTION
UVB + UVA
Peaux sensibles
Very high protection cream for sensitive skin
WATER RESISTANT
HYPOALLERGÉNIQUE
50ml ℮ 1.7fl.oz.

URIAGE
EAU THERMALE
HYSÉAC
FLUIDE
SPF 50+
TRÈS HAUTE PROTECTION
UVB + UVA
Peaux mixtes à grasses
Hydrate et matifie
OIL-FREE
Very High Protection Sun Care for combination to oily skin
HYPOALLERGÉNIQUE
50ml℮ 1.7fl.oz.

BIODERMA
Photoderm
BRONZ
SPF 50+
FLUIDE SOLAIRE
SUN FLUID
40 ml
BIODERMA
LABORATOIRE DERMATOLOGIQUE
Nouveau
New
Photoderm
BRONZ
SPF 50+
BIOPROTECTION® CELLULAIRE
CELLULAR BIOPROTECTION®
FLUIDE SOLAIRE
TRÈS HAUTE PROTECTION
PEAUX INTOLÉRANTES
Texture invisible - Visage
Active le bronzage naturel
PARFUM SPÉCIAL SOLEIL
WATER RESISTANT
SUN FLUID
VERY HIGH PROTECTION
INTOLERANT SKIN
Invisible texture - Face
Activates the natural tan
SPECIAL SUNSHINE FRAGRANCE
WATER RESISTANT
40 ml

Sun screen for kids can be used for adults ????

Sun screen milk can be used for face ????

Sun screen 1st or make up ????

Sun screen 1st or moisturizers ????

ECRAN SOLAIRE DERMATOLOGIQUE
SVR 50
COMPACT

dermo active
cosmétologie
SVR
Peau intolérante
Haute protection solaire
Intolerant skin
High sun protection
SVR50
Compact
beige clair
dermo active
cosmétologie
SVR
SVR50
Compact
SPF 50
UVA
Peau intolérante
Haute protection solaire
Intolerant skin
High sun protection

BIODERMA
LABORATOIRE DERMATOLOGIQUE
Photoderm MAX
SPF 50+
COMPACT SOLAIRE MINÉRAL
BIODERMA
Photoderm MAX
SPF 50+
COMPACT SOLAIRE MINÉRAL
TRÈS HAUTE PROTECTION
PEAUX INTOLÉRANTES
MINERAL SOLAR COMPACT
VERY HIGH PROTECTION
INTOLERANT SKIN

BIODERMA
LABORATOIRE DERMATOLOGIQUE
Photoderm
SPOT
SPF 50+
BIOPROTECTION® CELLULAIRE
CELLULAR BIOPROTECTION®
CRÈME
TRÈS HAUTE PROTECTION
HYPERPIGMENTATION
POST-LASER, CICATRICES
Texture invisible visage
CREAM
VERY HIGH PROTECTION
HYPERPIGMENTATION
POST-LASER, SCARS
Invisible texture - Face
30 ml

dermo active
cosmétologie
SVR
SVR50
Écran minéral teinté
Peau intolérante normale à mixte
Haute protection solaire
Intolerant skin - normal to combination
High sun protection
Biflavonoïde
PROTÈGE L'ADN DES CELLULES
Protects cellular DNA
SPF50
UVA
EAU THERMALE
Avène
HAUTE PROTECTION
HIGH PROTECTION
Crème minérale
Mineral cream
50 SPF
Broad UVB and UVA protection
PARIS
PEAUX INTOLÉRANTES
INTOLERANT SKIN
HYPOALLERGENIQUE - NON COMEDOGENE
EAU THERMALE
Avène
HAUTE PROTECTION
HIGH PROTECTION
Crème minérale - Mineral cream
50 SPF
Broad UVB and UVA protection
PARIS
PEAUX INTOLÉRANTES
INTOLERANT SKIN
HYPOALLERGENIQUE - NON COMEDOGENE

Customer education

10 AM – 4 PM sun

Sun screen application

Sun care

SUN SCREEN

SUN TAN

SUN BURN

Tanning

Tanning (bronzing)

- For the purpose of darkening skin color,

exposing the skin to (UV) , either during sun bathing or using artificial sources, such as tanning beds.

Tanning mechanisms

- UVA increase melanin production→darkening

Tanning types

Sun tan

Sun → increase melanin production → darkening of skin color

(tanning oil-tanning cream)

Concentrate sun rays on the skin & increasing darkening of skin
Prevent drying of skin

Self tan

Self tan (Sunless tan)
Contain dihydroxyacetone 5%

>>> few hours
Suntan like color & lasts 3-5 days
(not used with pregnant women)

Sun Tan

faster and darker color

Sun Tan

Carrot
Coconut
Sun Oil
PROTECTION FREE
Carrot Sun
With Coconut extract
Maximum Browning In one Day
Carrot
Sun Oil
PROTECTION FREE
Carrot Sun
With Carrot extract
Maximum Browning In one Day
Carrot
Papaya
Sun Oil
PROTECTION FREE
Carrot Sun
With Papaya extract
Maximum Browning In one Day
Maximum Browning for Your Skin
Carrot Sun
Coconut
Sun Cream
Carrot Sun
Carrot
Carrot Sun
Papaya
Sun Cream

Self Tan

NUXE SUN
PARIS
ÉMULSION FONDANTE
AUTO-BRONZANTE VISAGE
HÂLE UNIFORME ET NATUREL
FONDANT SELF-TANNING
EMULSION FOR FACE
EVEN AND NATURAL-LOOKING TAN
NUXE
PARIS
LAIT SOYEUX AUTO-BRONZANT
Hâle naturel et uniforme,
effet irisé
SILKY SELF-TANNING LOTION
Even and natural-looking tan,
iridescent effect
CORPS
BODY
100 ml 3.3 FL. OZ.

BIODERMA
Photoderm
BRONZ
SPF
50+
FLUIDE SOLAIRE
Active le bronzage naturel
SUN FLUID
40 ml
BIODERMA
LABORATOIRE DERMATOLOGIQUE
Nouveau
New
Photoderm
BRONZ
SPF
50+
BIOPROTECTION® CELLULAIRE
CELLULAR BIOPROTECTION®
FLUIDE SOLAIRE
TRÈS HAUTE PROTECTION
PEAUX INTOLÉRANTES
Texture invisible - Visage
Active le bronzage naturel
PARFUM SPÉCIAL SOLEIL
WATER RESISTANT
SUN FLUID
VERY HIGH PROTECTION
INTOLERANT SKIN
Invisible texture - Face
Activates the natural tan
SPECIAL SUNSHINE FRAGRANCE
WATER RESISTANT
40 ml

Sun care

SUN SCREEN

SUN TAN

SUN BURN

Sun burn

UV Rays cause sun burn (4-6 Hrs sun exposure)

1st degree Sun burn care

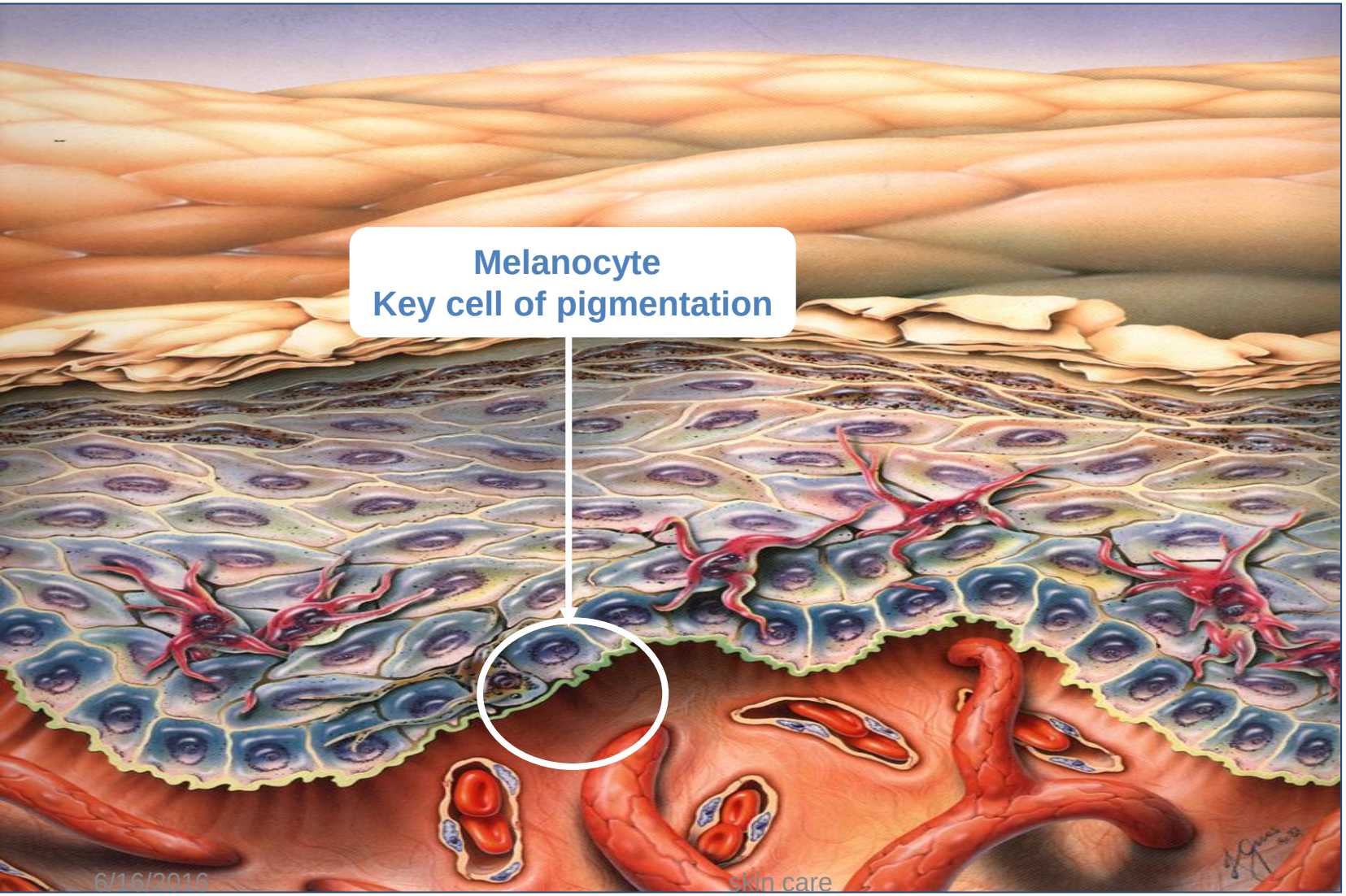
2nd degree Sun burn care

Skin

	Care	Problems
1	Cleansing	Dryness
2	Toning	hyperpigmentation
3	Exfoliation	Aging
4	Hydration	Cellulite
5	Sun Protection	Stretch Marks
		Acne

HYPERPIGMENTATION

HYPERPIGMENTATION



Corneal layer

Epidermis

Dermis

HYPERPIGMENTATION

1

2

3

4

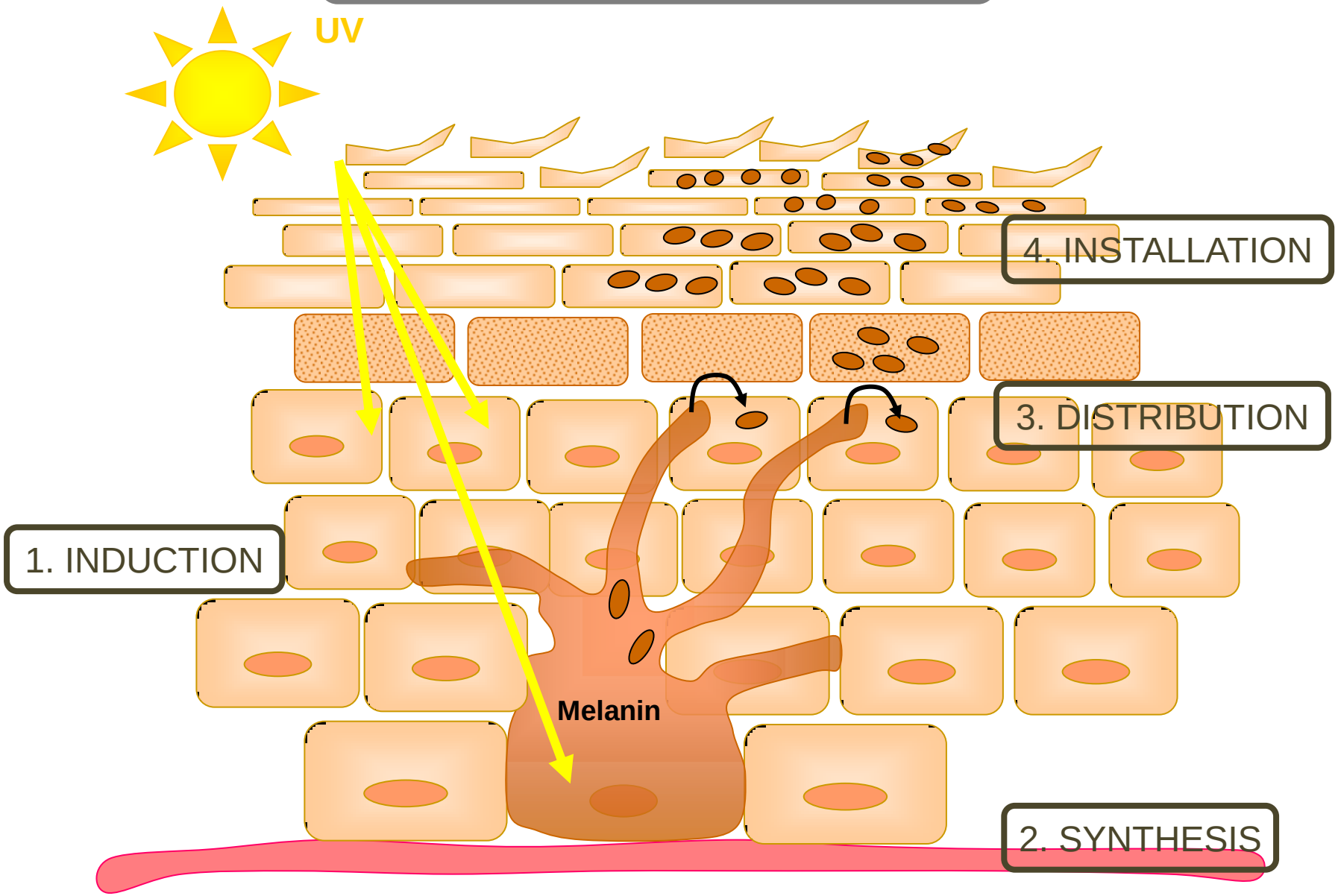
5

6

Causes of Hyperpigmentation

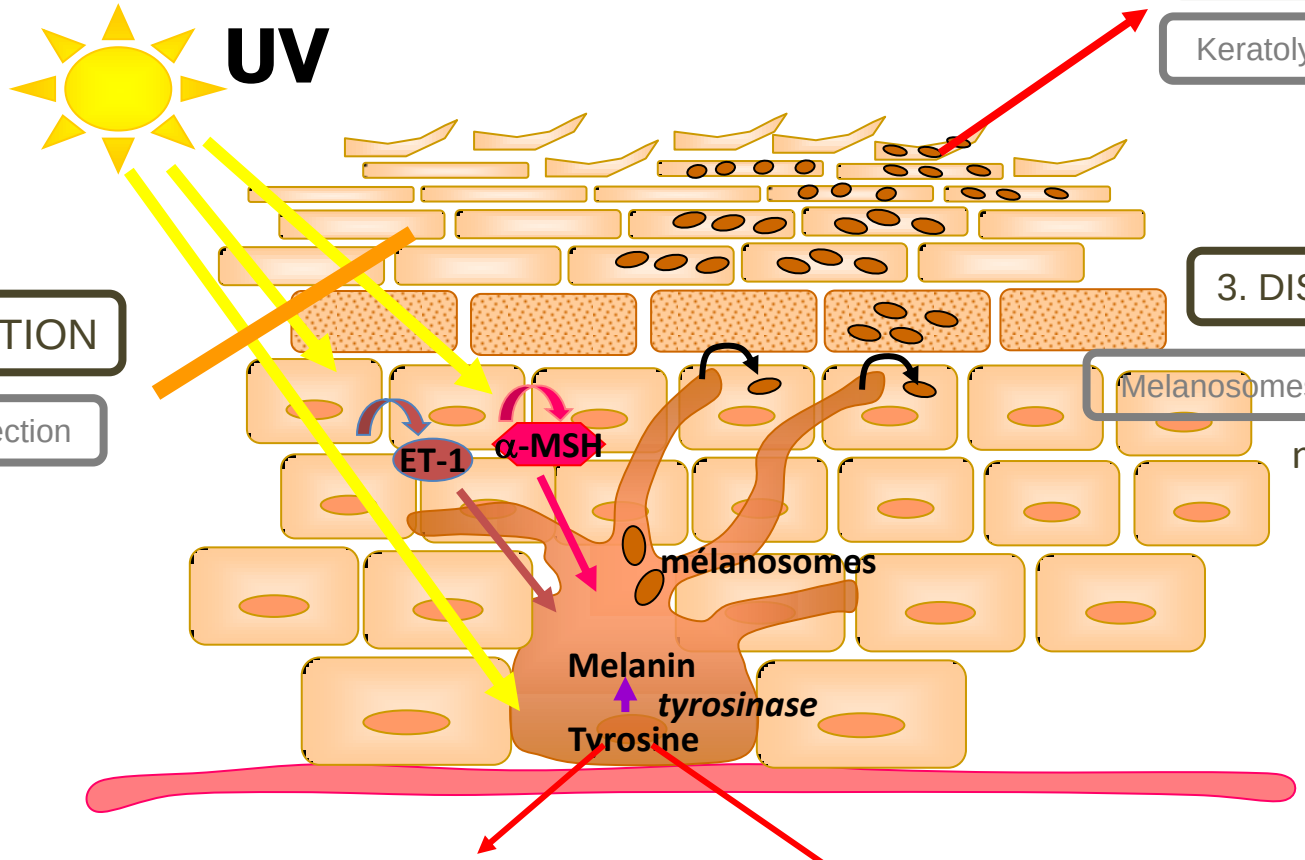
- Direct exposure to sun rays
- Hormonal imbalance (melasma) Hormonal therapy , pregnancy , contraceptive pills
- Hereditary . little faire spots (faire skins / red heads)
- Phototoxic, photo sensitive components: retinoic acid (Roaccutane), sulphamides, …
- Eczema , (Post inflammatory hyperpigmentation)

skin pigmentation stages



MELA

Hyperpigmentation treatment plan



4. installation

Keratolytic Agents

1. INDUCTION

Photo protection

3. DISTRIBUTION

Melanosomes transfer prevention

niacinamide (pp) , soya ext.

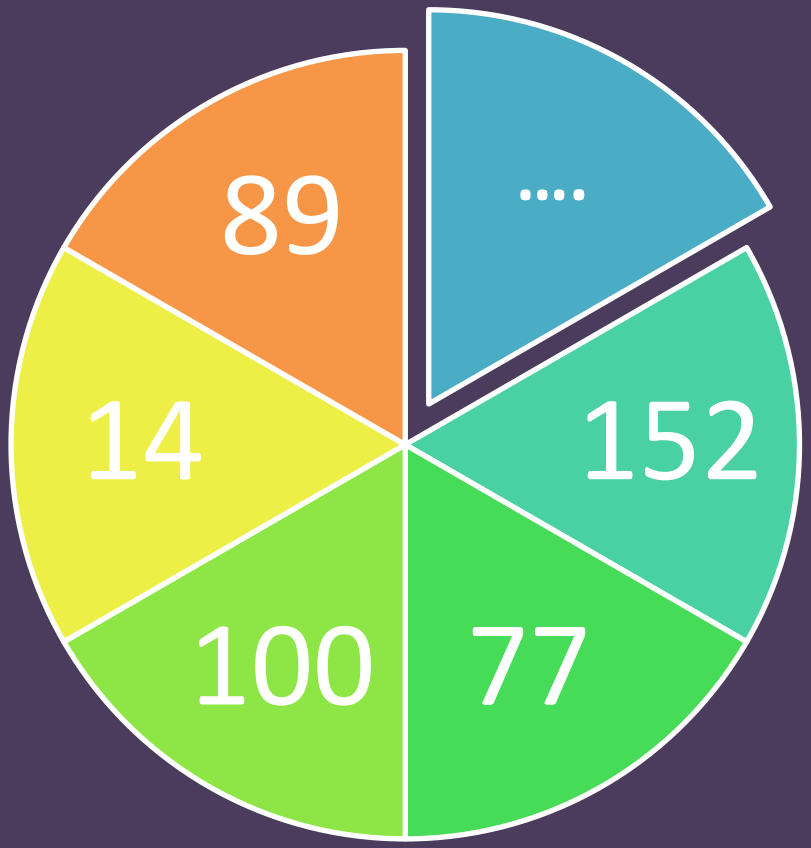
2. SYNTHESIS

Tyrosinase Enzyme inhibitors

HQ., arbutin , Rucinol (Butyl-Resorcinol), , ceramid, glabirdine, azelaic acid

Anti Free Radicals

vitamin C


89
....
14
152
100
77

Target : PIGMENTING MARKS PREVENTIVE CREAM

Hypoallergenic, Fragrance-free

Target : ANTI-BROWN SPOTS HIGH PROTECTION DAYTIME SKINCARE

Hypoallergenic, non-comedogenic

Target : INTENSIVE DEPIGMENTING (ANTI-BROWN SPOTS)

Hypoallergenic, non-comedogenic

	DEPIDERM PI	DEPIDERM SPF 50	DEPIDERM INTESIVE
SPF		*	
AHA , BHA			*
Vitamin C	*	*	*
(necotinamide)	*	*	*
Glabridin (licorice)	*	*	*

Target :
even skin color tone

Target :
intensive day & night care
for spots & flaws

Target :
intensive night care
for spots & flaws

Fragrance-free, hypoallergenic,
non-comedogenic

	White Objective Active cream/fluid	White Objective Pen	White Objective Serum
Uv filter (spf 27)	*	*	
glycolic acid 12 %		*	*
Vitamin C	*	*	* (fresh)
Vitamin PP (niacinamid)	*	*	*
Glabridin (licorice) extract	*	*	*
Azaleic acid	*	*	*

Target : even skin color tone

Non-comedogenic
as make up base (matifying)

Target : intense care for spots & flaws

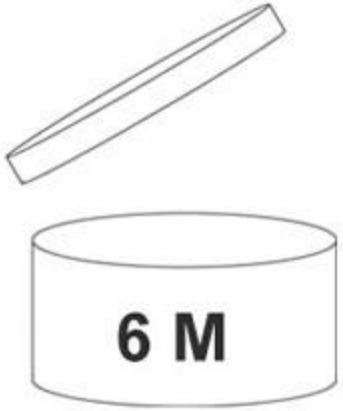
Fragrance-free, hypoallergenic,
non-comedogenic

	Melascreen Ecla	Melascreen Depigmentant
Uv filter (spf 15)	*	
Vitamin C	*	
Vitamin PP (niacinamid)	*	
Azelaic acid		*
glycolic acid		*
application	At day for 3 months	At night for 3 months

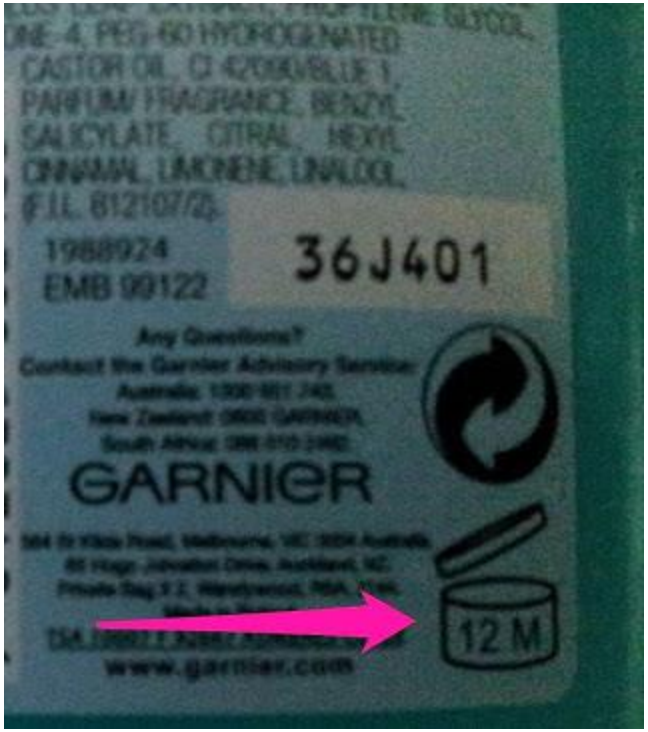
Eucerin®

VICHY
LABORATOIRES

Vit. C
Arbutin
glibridine


6 M

6M
Oil-free and noncomedogeni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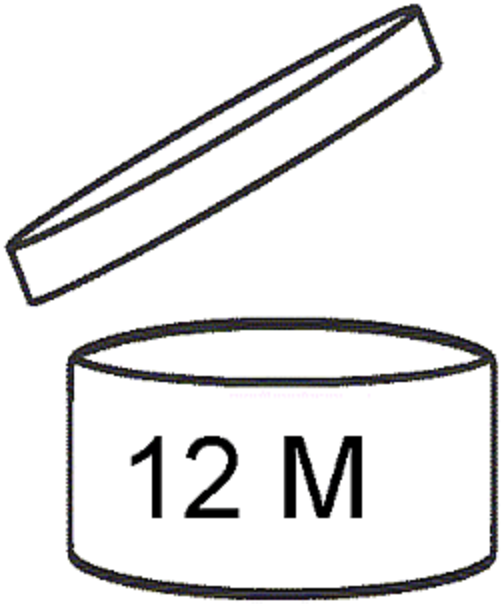

12 M

If $1 + 2 = 3$

$3 + 4 = 21$

$5 + 6 = 55$

Then $4 + 5 = ?$

Skin

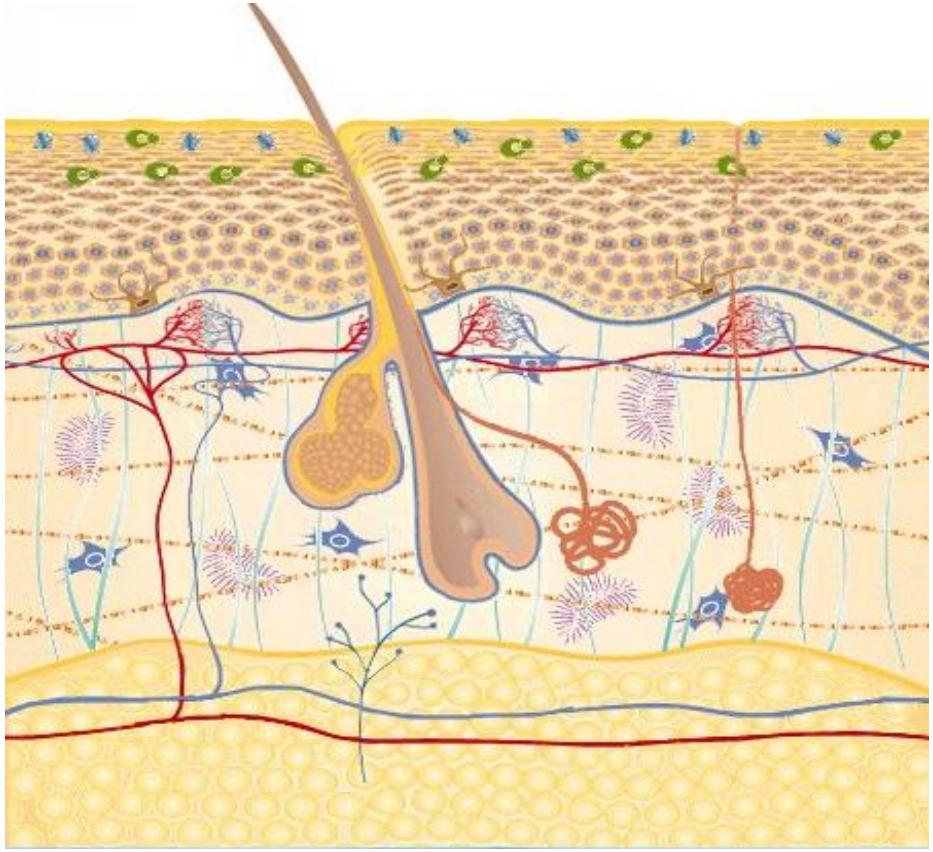
Problems

- Dryness
- hyperpigmentation
- Aging
- Cellulite
- Stretch Marks
- Acne

AGING

Wrinkles

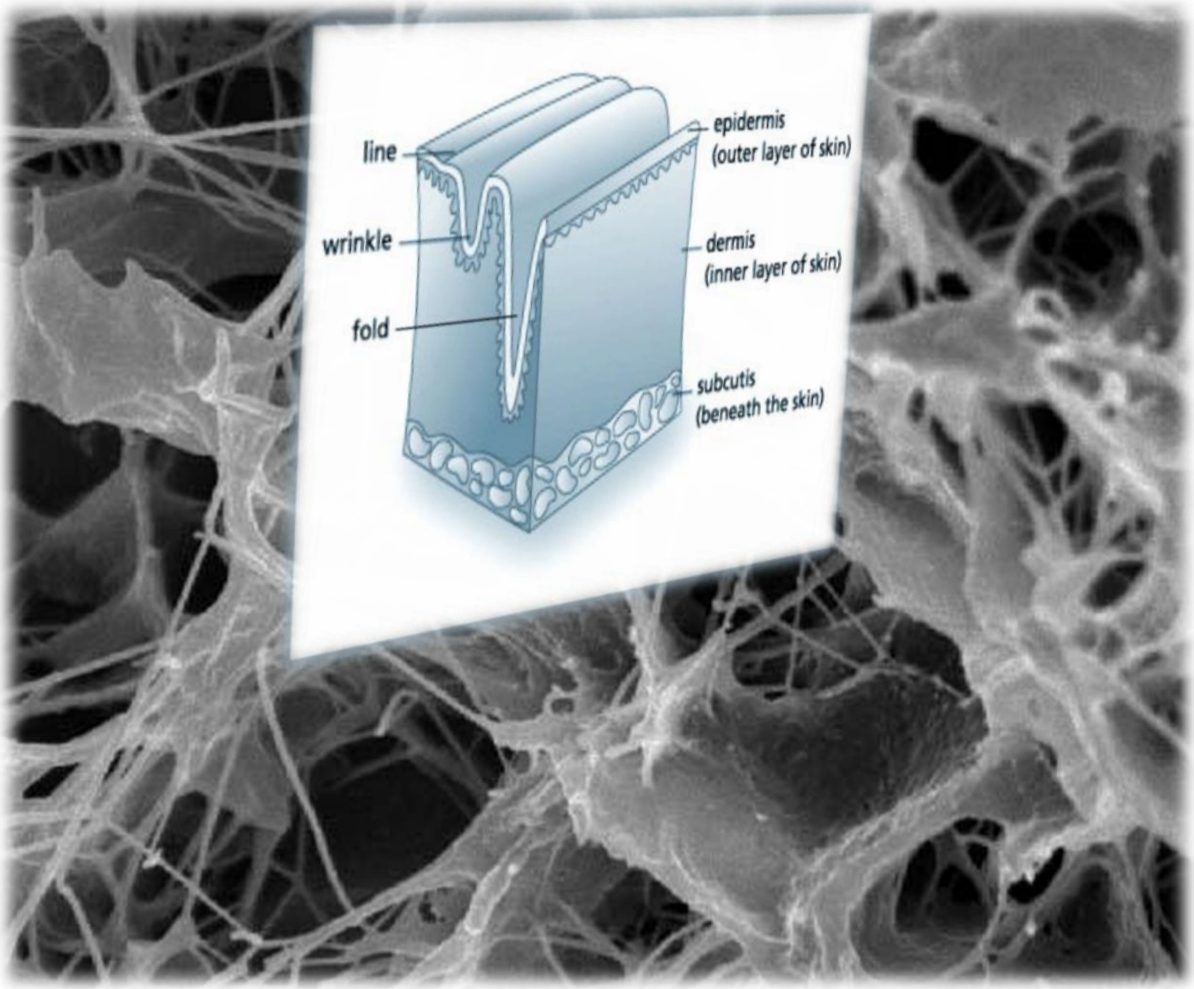
dermis



Dermis contain :
collagen
& elastin fibers

Collagen Fibers

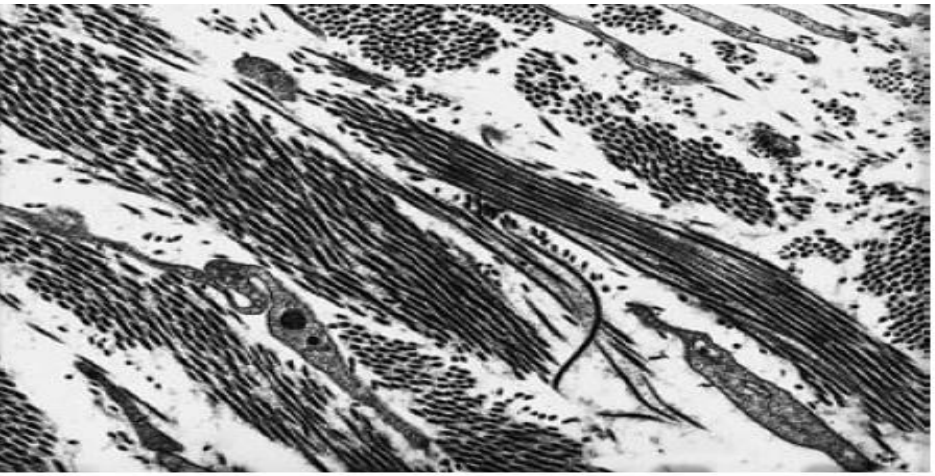
- Supportive structural protein
- provides strength for the skin.
- 80-90% of the skin's total proteins.



Causes of wrinkle

1-Aging

- collagen & elastin fibers degradation (exhausting)
- Thinning of the skin (thinner skin tend to wrinkle more)



(A)

(B)

(A) Collagen fibers in the dermis of young skin. (B) Collagen fibers in the dermis of old skin.

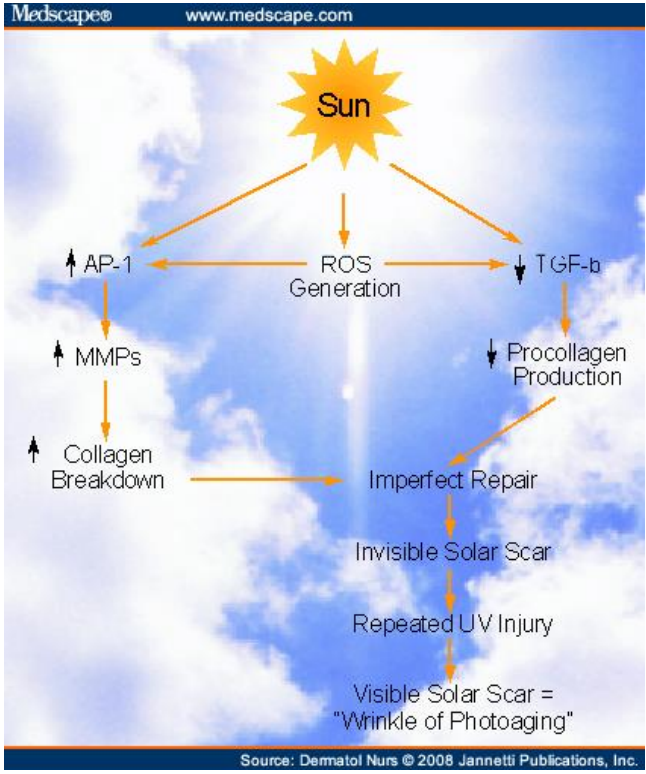
Causes of wrinkle

2- drying

- Decrease in ceramid & fatty acids resulting in increase in the TEWL

3- UV (sun)

- Increase free radicals
- damage of skin
- breakdown collagen producing fibroblast……wrinkle



Causes of wrinkle

4- Smoking

- Increase free radicals
- nicotine causes vascular constriction that decrease the skin nourishment by the blood

5-Repeated facial expression

6-After menopause due to decrease of estrogen

Wrinkle treatment plan

1-Sun Protection

2-Moisturizing (restore Barrier Function)

3-Exfoliation

4-Antioxidants

5-Skin Matrix Enhancers

6-Fillers

Wrinkle treatment plan

Exfoliation

On the Surface of the skin

exfoliation → renewing of cells → lifting for fine line

ex. Retinol, retinaldehyde, retinoic acid & AHA (glycolic acid)

AHA

Skin matrix enhancers

Depth

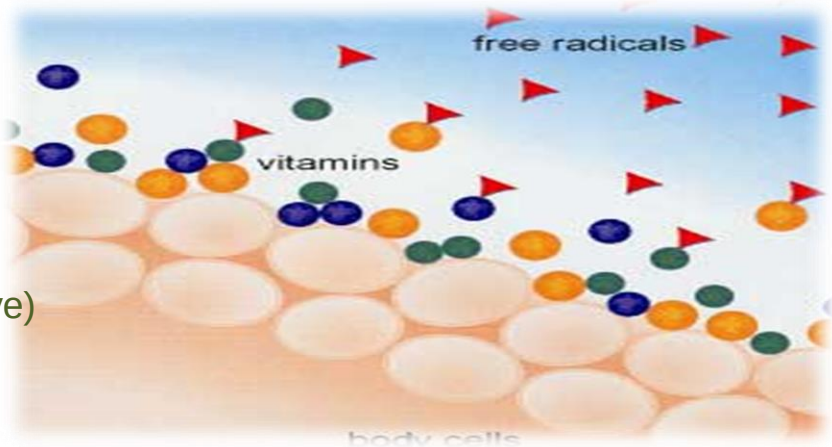
skin matrix enhancer(stimulate collagen formation) → reduce deep wrinkles

ex. Retinoids (vit. A) , AHA & peptides

Retenoids precautions

Wrinkle treatment plan

Antioxidants

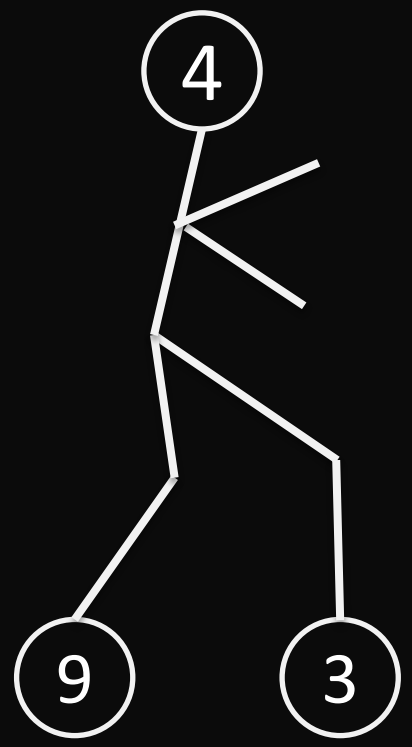


free radicle cause cell & collagen degradation

- Vitamin C (L-ascorbic Acid) in high conc. (10% & above) (stimulate collagen formation)
- Vitamin B3 (Niacinamide)
- Vitamin E (α-tocopherol)
- Retenoids .

fillers

collagen , hyaluronic acid and silicone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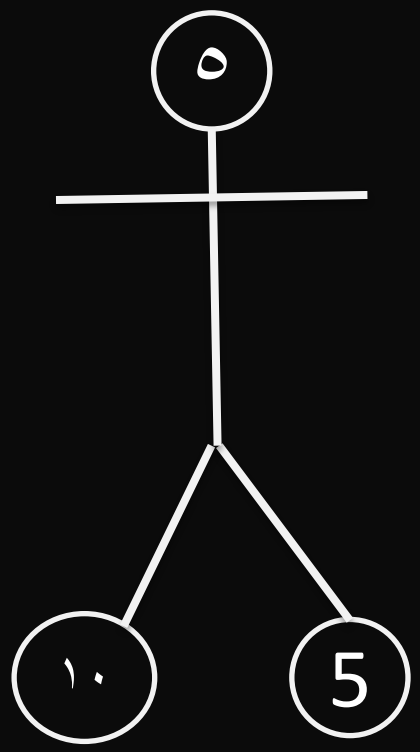
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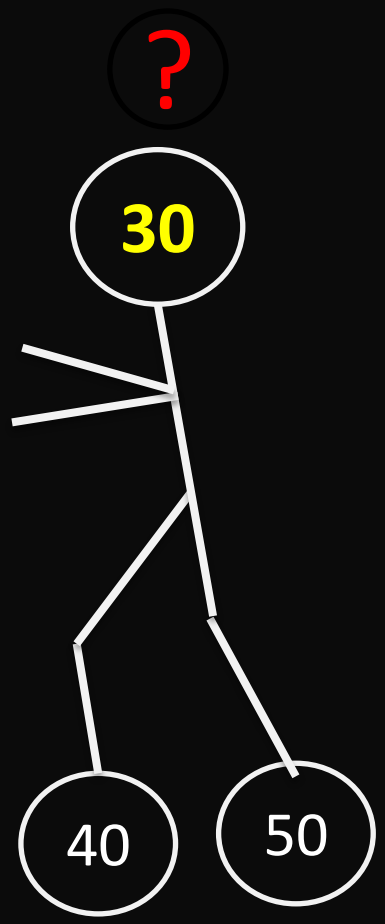

?
30
40
50

MATRIX ENHANCER & FILLER

ISOFILL
Crème
CORRECTION CREAM

ISOFILL
Sérum
INTENSIVE SERUM

ISOFILL
Contour des Yeux
EYE CONTOUR CREAM

MATRIX ENHANCER

peptides

MATRIX ENHANCER

RHAMNOSE

VIT. C 8%+ VIT. C in microspheres

ANTI OXIDANTS

FILLERS

REXSOL
USA
COLLAGEN
SERUM
Cell Renewal
Anti-Aging

Anti-ageing action
L'ORÉAL
PARIS
DERMO-EXPERTISE
WRINKLE DE-CREASE
COLLAGEN RE-PLUMPER
Day Cream
with Collagen
Visibly reduces the appearance of wrinkles
Gives skin a bouncy feel

NEW
L'ORÉAL®
PARIS
DAY/NIGHT
CREAM
SKIN EXPERTISE
COLLAGEN
MOISTURE FILLER
DAILY MOISTURIZER
Restore skin's cushion
and smooth wrinkles.
Natural Collagen
actual size
1.7 OZ. (48g)

NEW
OLAY
regenerist
OLAY
30 second wrinkle filler
OLAY
30 second wrinkle filler

Eucerin®
Anti-Age
SOIN
PRÉCISION
CONCENTRÉ
INTENSIEF
ANTIRIMPEL
CONCENTRAAT
Eucerin
HYALURON-FILLER
CONCENTRÉ
CONCENTRAAT
LABORATOIRES DERMATOLOGIQUES EUCERIN

Eucerin®
Anti-Age
YALURON-FILLER
LSF 15 + UVA Schutz
MEDIZINISCHE HAUTPFLEGE
Eucerin
HYALURON-FILLER TAG

supplements

7	3	6	2
4	10	7	4
4	4	5	7
5	3	2	…….

Skin

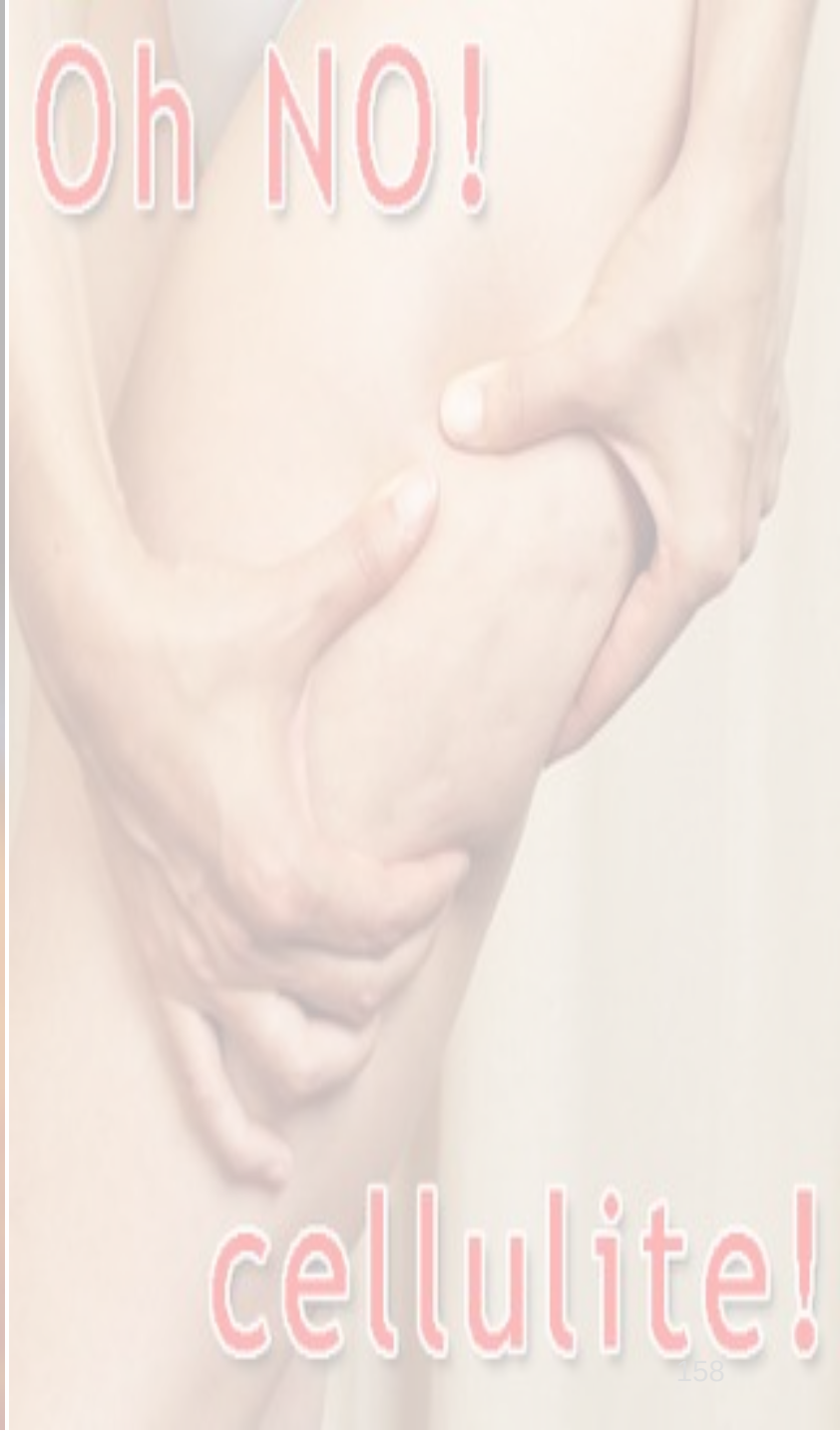
Problems

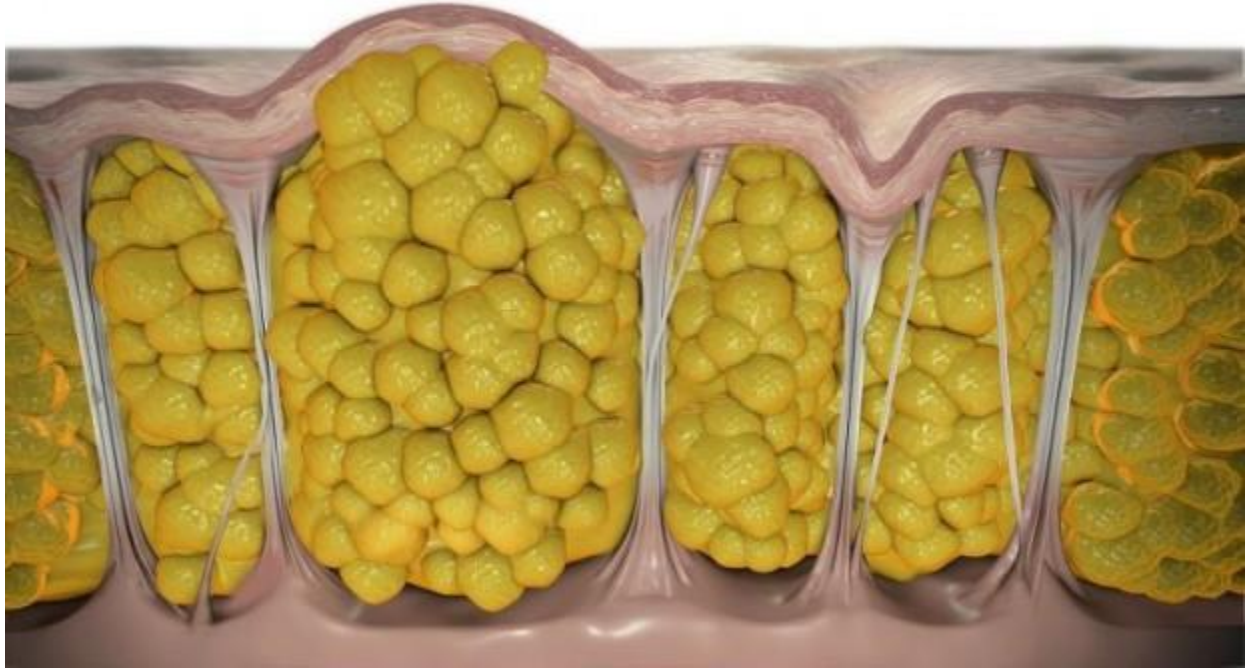
- Dryness
- hyperpigmentation
- Aging
- Cellulite
- Stretch Marks
- Acne

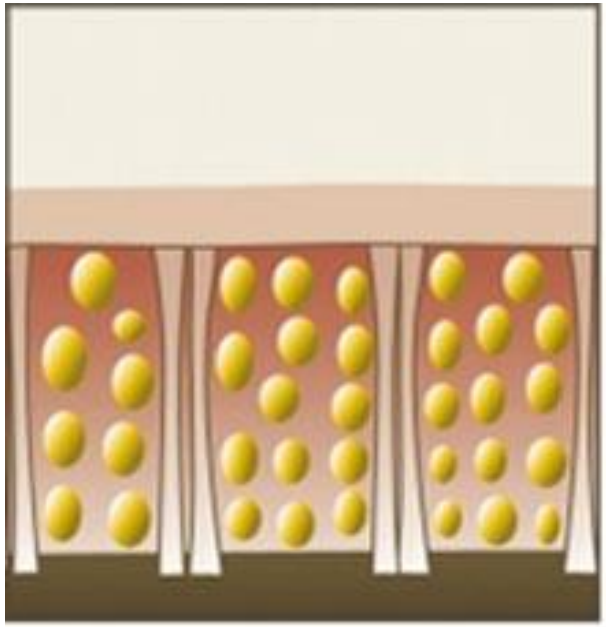
cellulite

Orange peel

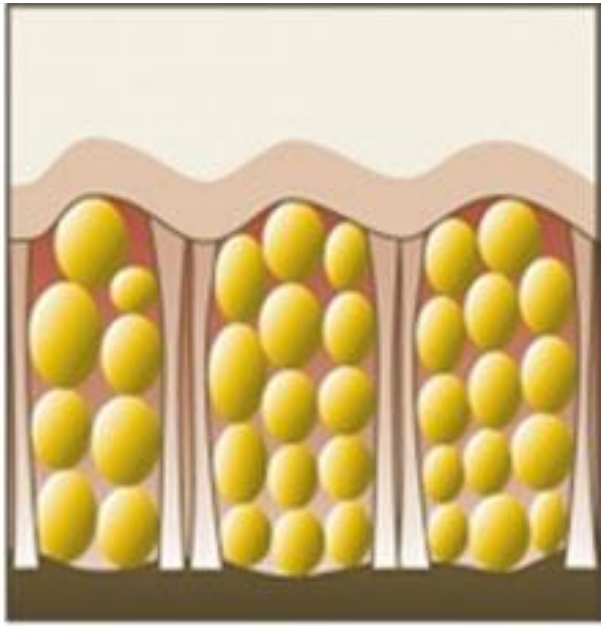
- Uneven Fat distribution under skin
- Dimpled skin
- (in hips & buttocks)
- More common in women than in men







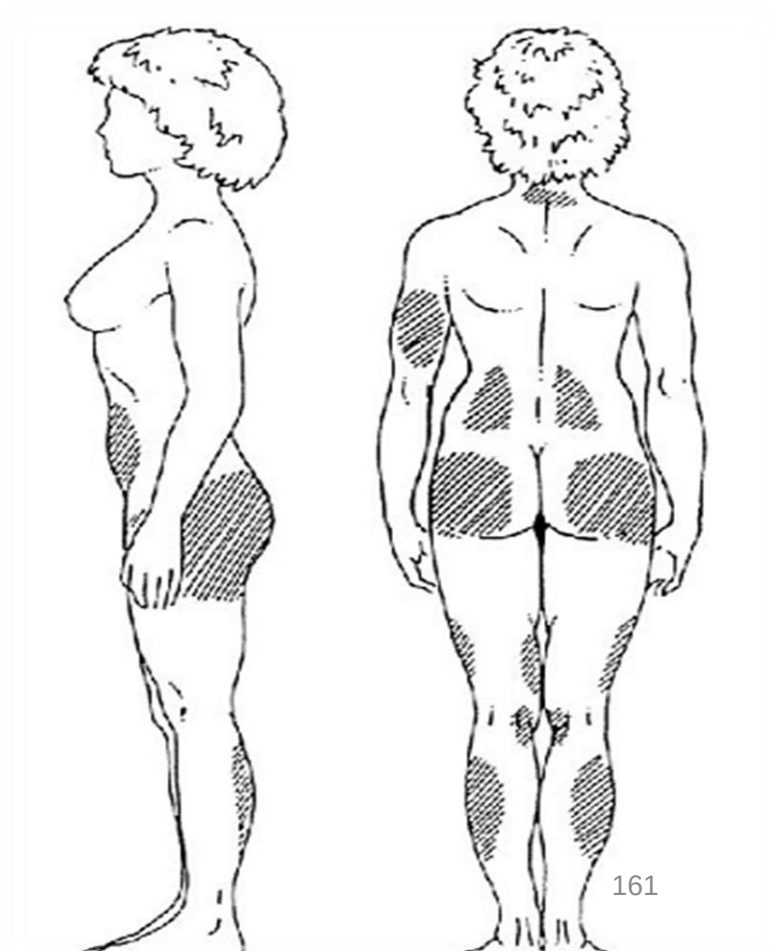
Normal Fat Layer



Cellulite

Site of cellulite

- In hips & buttocks
- Appears after puberty and worsens with age.
- occurs in overweight, normal, and thin women.



Factors Causing Cellulite

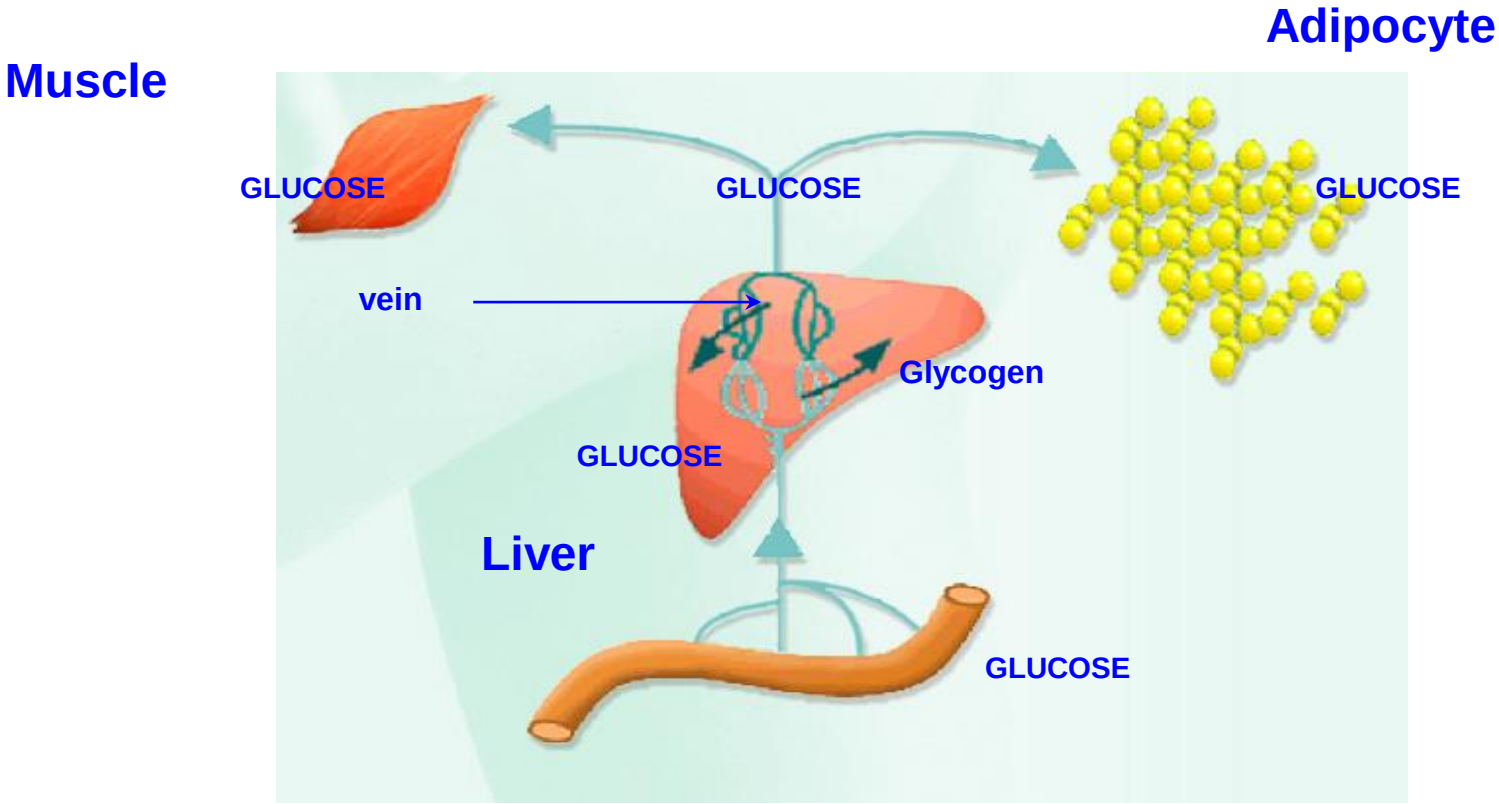
- Hormones / Distribution of body fats

(more common in women than in men)

- Life style : Diet & exercise
- Age

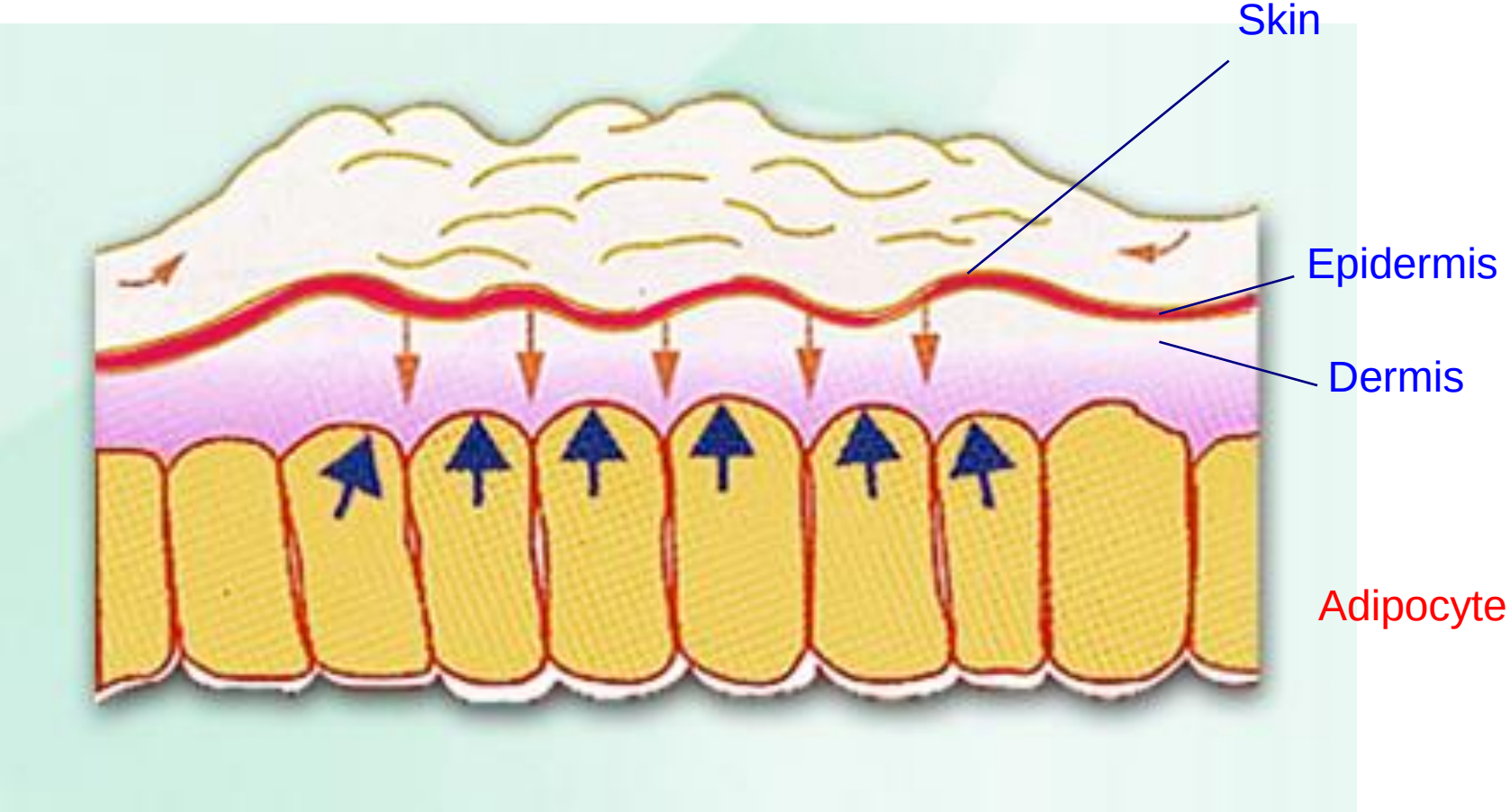
Cellulite formation

- Glucose plays a key role in cellulite formation



Lipogenesis

Diagram of female adipocyte



Excess glucose → fats (stored in adepocyte) → swelling of adepocyte which push connective tissue beneath skin

Cellulite Management

1. Massage .

2- Topical cream that contains methylxanthines like caffeine with known ability to break down fat stores may be help.

3. Supplements : as Ginkgo Biloba , Evening primrose & fish oil increase metabolism, improving circulation, breaking down fats may be help.

BEURER CM 50
CELLULITE MASSAGER

It’s Good To

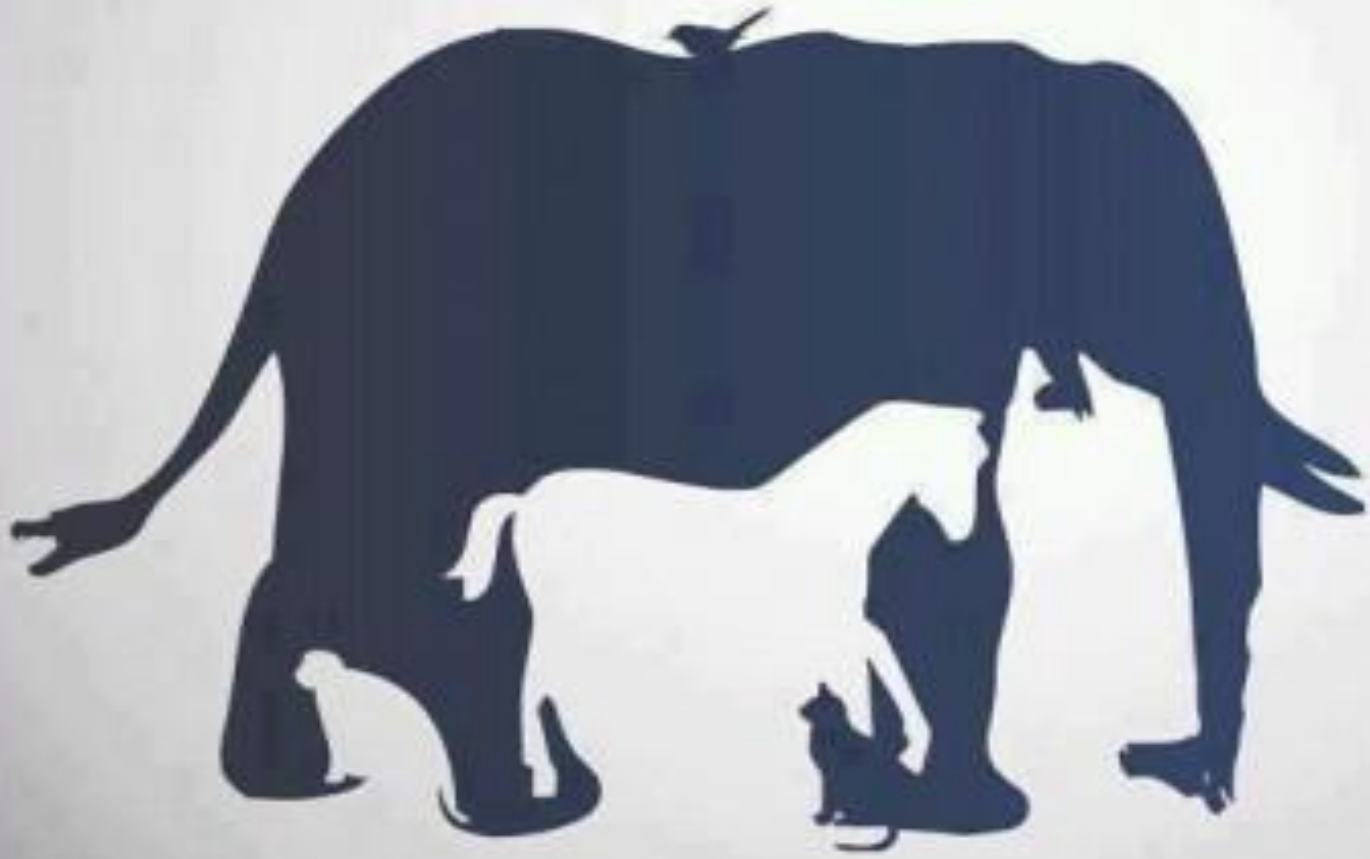
- Increase water intake to a minimum of 8 glasses of (2 liters) per day.
- Minimize consumption of coffee, tea.
- For each serving of coffee or tea, drink 2 glasses of water.
- Exercise regularly.
- Minimize consumption of saturated fat and carbohydrates.
- Anti cellulite cream.

- **Cellulitis :** *bacterial infection of skin*

- **Cellulite**

Cellulite creams products

How many animals do you see?



- 12
- 5
- 8

Skin

Problems

- Dryness
- hyperpigmentation
- Aging
- Cellulite
- Stretch Marks
- Acne

Stretch Marks

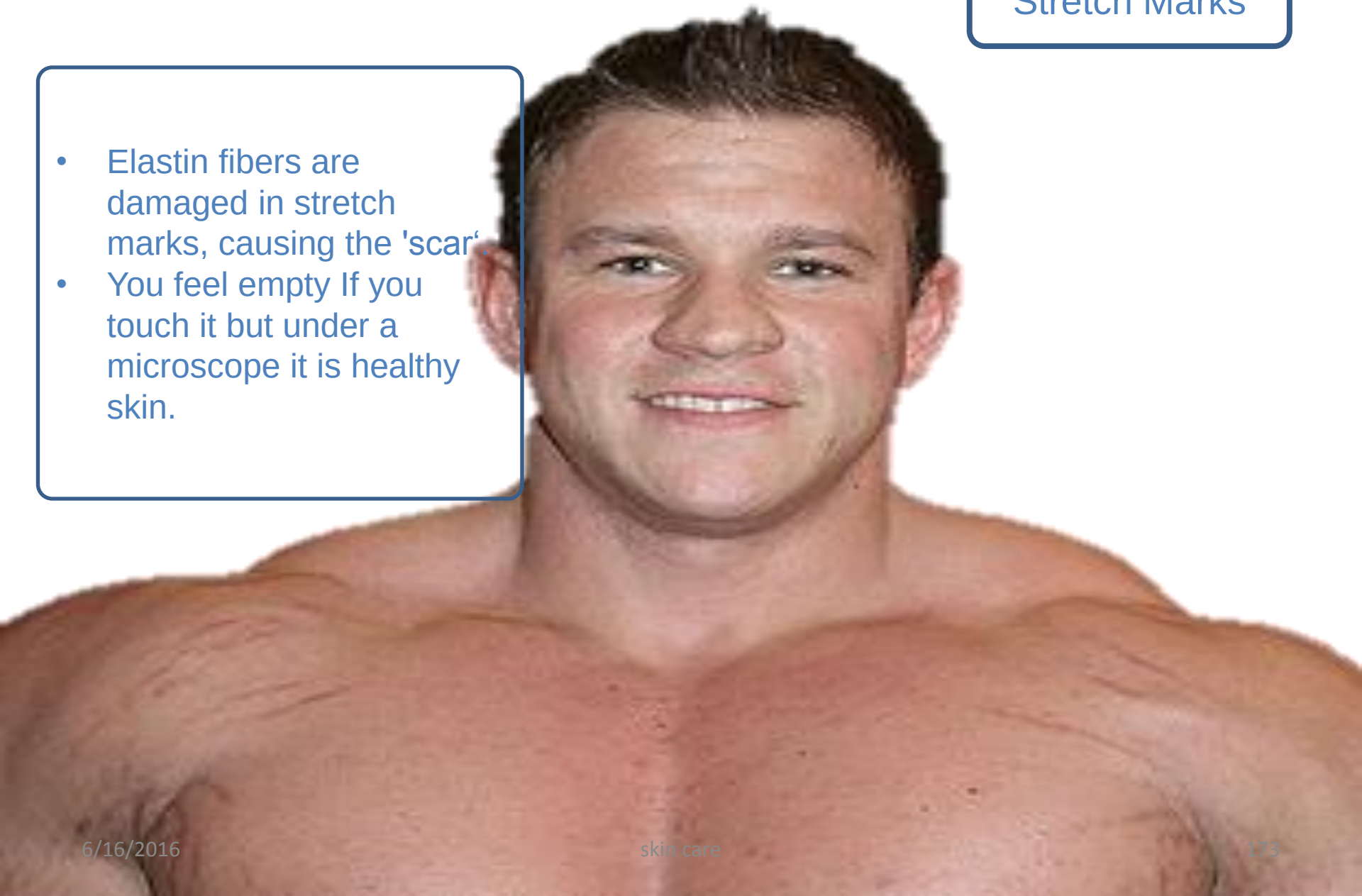
- Elastin is the protein in the skin which gives its elasticity allowing stretch and recoil back.
- Stretch mark affect skin subjected to continuous & progressive stretching.

Prevention better than cure as the damage elastin is difficult to repair

Stretch Marks

Stretch Marks

- Elastin fibers are damaged in stretch marks, causing the 'scar'.
- You feel empty If you touch it but under a microscope it is healthy skin.



Stretch Marks

Stretch mark occurs in

- women more than men
- Abdomen and the breasts of pregnant women.
- The shoulders of body builders.
- Overweight individuals.

- Stretch mark once become white (striae alba)

↓

- Difficult to treated

Prevention

- Avoid rapid weight loss or gain may help prevent the stretch marks
- Drinking at least eight 8 oz. glasses of water each day. Proper hydration keeps your skin elastic .
- Adequate intake of Vitamins E, C and zinc also provide nutrition for your skin.

Key Ingredients

Cocoa butter

Shea butter

Vitamin E

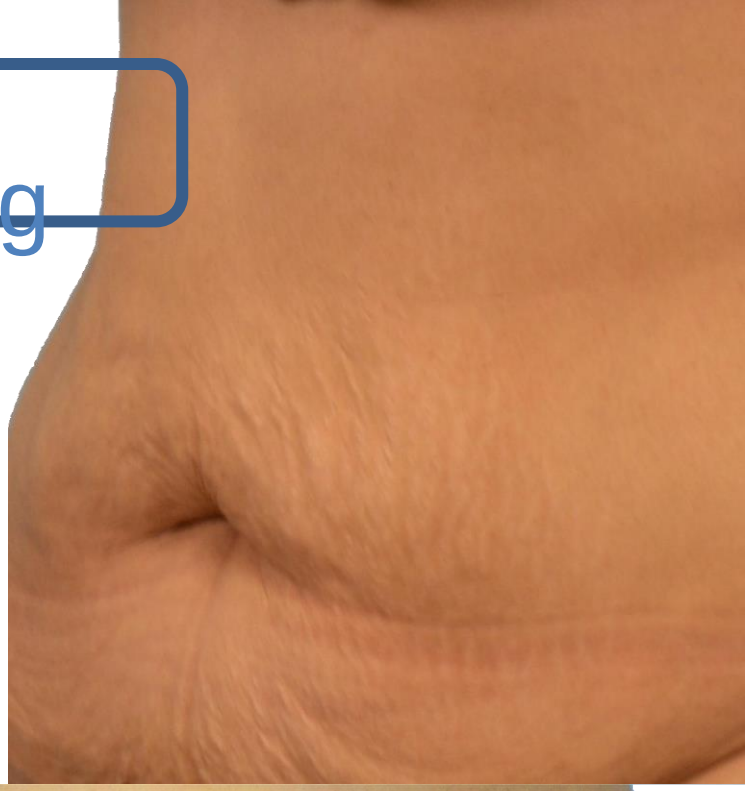
Improve skin elasticity

PALMER'S
antistretch mark

VICHY
antistretch mark

Eucerin
Caring Oil

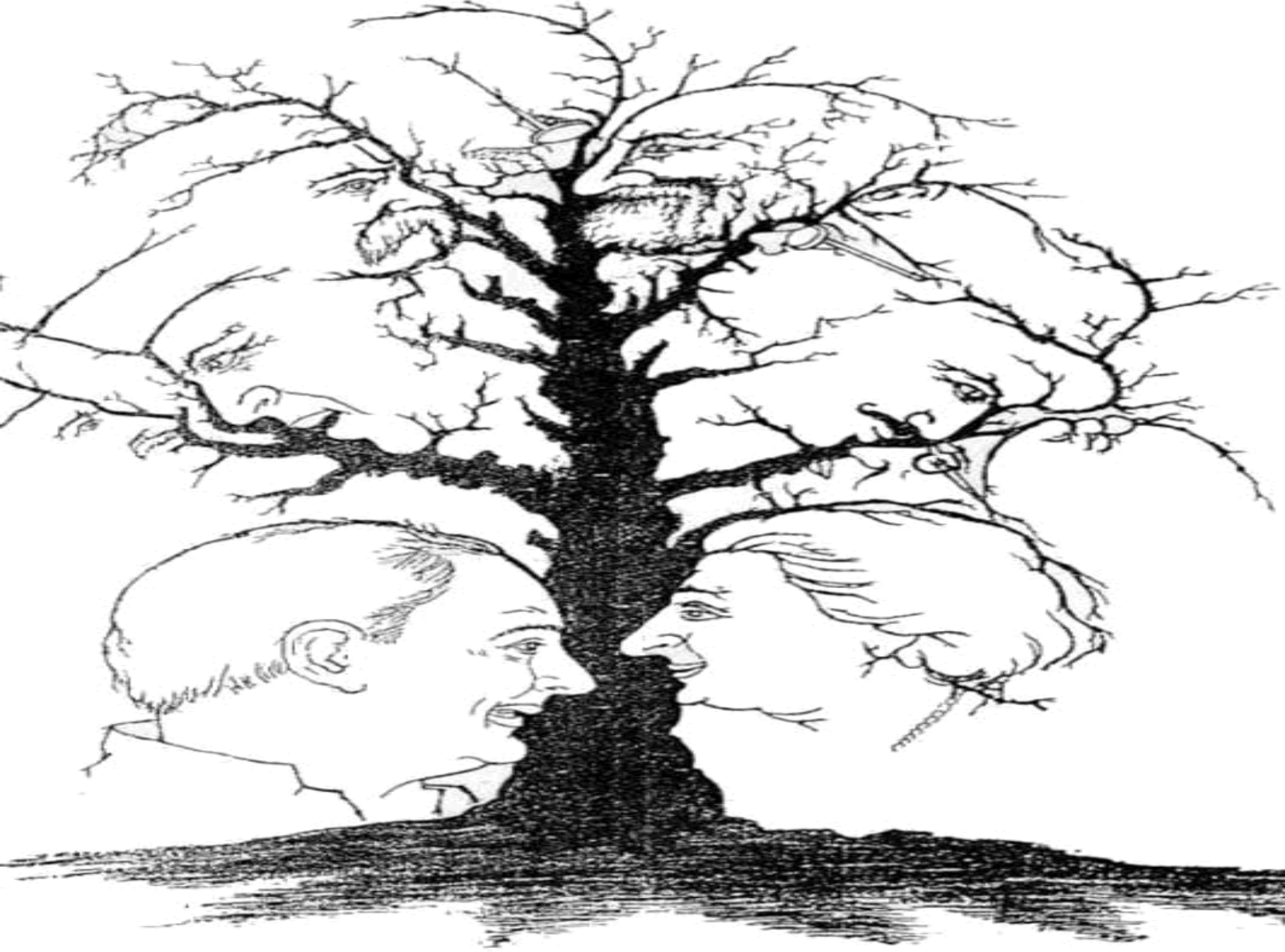
Skin sagging



NUXE BODY
PARIS
CRÈME FONDANTE RAFFERMISSANTE
ANTI-ÂGE, EFFET TENSEUR
AUX PÉTALES DE FLEURS D'AMANDIER ET D'ORANGER
FONDANT FIRMING CREAM
ANTI-AGING, TIGHTENING EFFECT
WITH ALMOND AND ORANGE FLOWER PETALS
℮ 200 ml 6.9 OZ. NET

BIODERMA
LABORATOIRE DERMATOLOGIQUE
ABCDerm
Maman
FERMETÉ
CRÈME RAFFERMISSANTE
DERMO-BREVETÉ
RELACHEMENT CUTANÉ
POST-ACCOUCHEMENT
Restaure la tonicité naturelle de la peau
Aide à remodeler la silhouette
FORMULE PARFUMÉE HYPOALLERGÉNIQUE
FIRMING CREAM
SLACK SKIN
AFTER GIVING BIRTH
Restores the skin's natural tone
Helps reshape the figure
PERFUMED FORMULA
HYPOALLERGENIC
200 ml ℮

PALMER'S
COCOA BUTTER FORMULA®
FIRMING BUTTER
with Shea Butter, Collagen, Elastin & Vitamin E
plus Q10
TIGHTENS SKIN
After Pregnancy & Weight Loss
315ml/10.6 fl. oz. (U.S.)℮
PALMER'S®



Skin

Problems

- Dryness
- hyperpigmentation
- Aging
- Cellulite
- Stretch Marks
- Acne

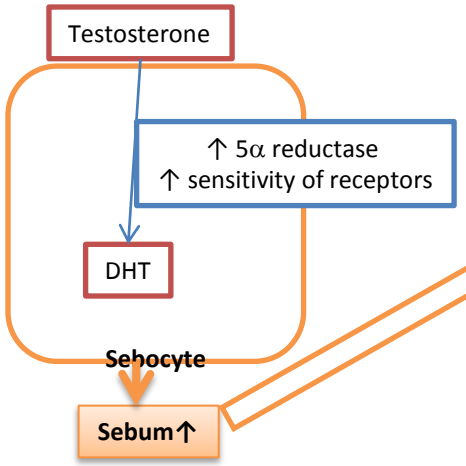
Acne

Acne

Each hair follicle attached to one or
More sebaceous gland

Which secrete sebum

Acne

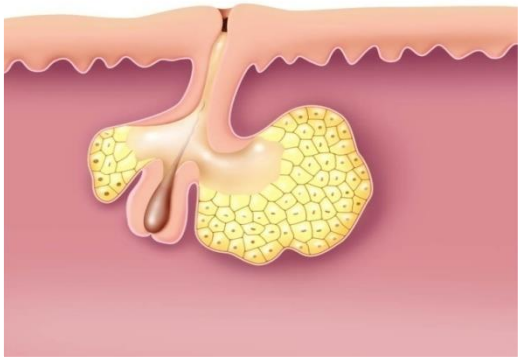


↑ keratinization (keratinous material increase from accumulation of dead cells

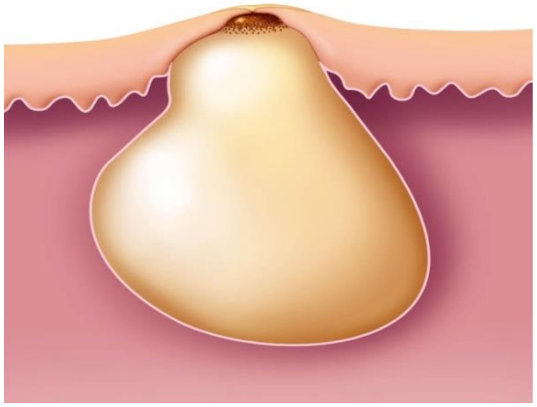
↑ proliferation of P.Acne

Inflammation

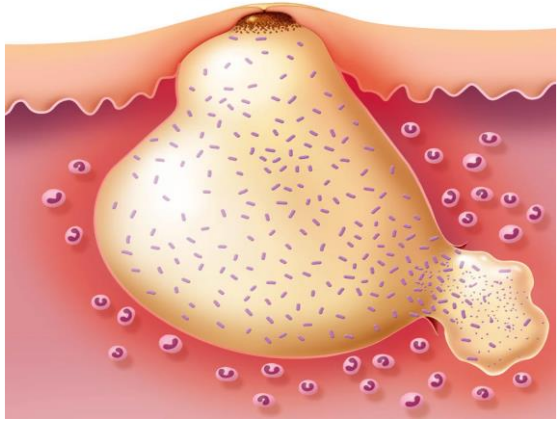
Propionibacterium acne secrete Lipase enz which convert sebum To free fatty acid which cause irritation And inflamation



1. Excessive sebum production



2. Abnormal keratinisation and comedogenesis

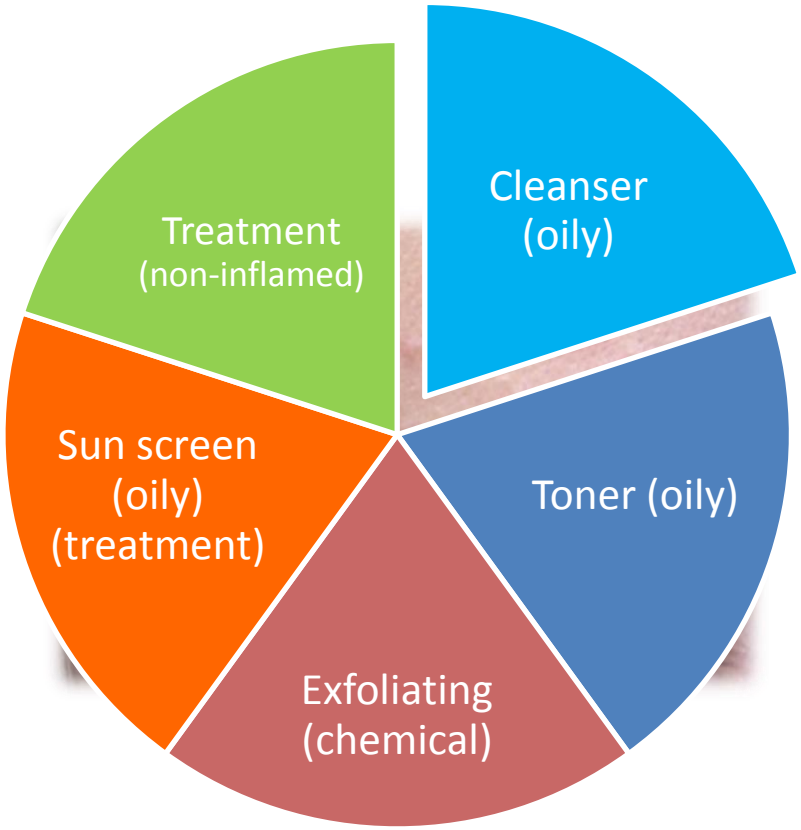


3. Inflammation (bacterial proliferation)

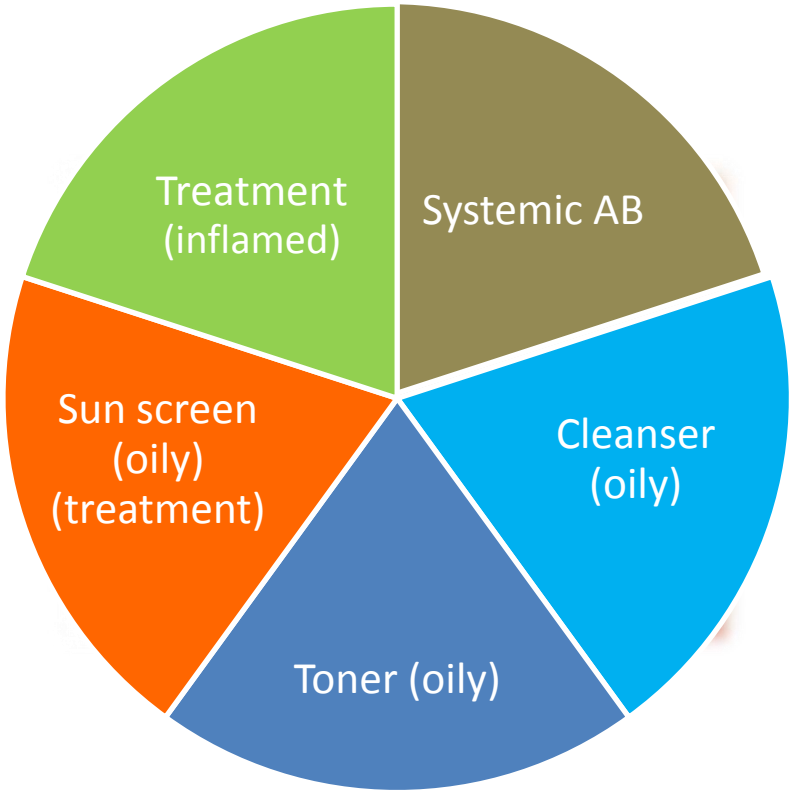
Acne

Medscape ®
http://www.medscape.com

Acne



Non-inflamed acne TTT regimne



Inflamed acne TTT regimne

Acne TTT products

Sebium Global
NON-INFLAMED & INFLAMED
ACNE TREATMENT

Sebium Serum
PERSISTENT, RETENTION & NON-INFLAMED COMEDONE
ACNE TREATMENT

Acne TTT products

HYSÉAC K18
NON-INFLAMED
ACNE TREATMENT

HYSÉAC A.I.
INFLAMED
ACNE TREATMENT

Effaclar DUO+
INFLAMED & NON INFLAMED
ACNE TREATMENT

Normaderm Global
INFLAMED & NON INFLAMED
ACNE TREATMENT

Keracnyl
NON-INFLAMED
ACNE TREATMENT

Any questions?

1	✗	11	✓	21	✗	31	✗
2	✓	12	✗	22	✓	32	✗
3	✓	13	✓	23	✗	33	✓
4	✗	14	✓	24	✓	34	✓
5	✓	15	✓	25	✓	35	✗
6	✗	16	✗	26	✗	36	
7	✗	17	✗	27	✗	37	
8	✗	18	✓	28	✓	38	
9	✓	19	✓	29	✓	39	
10	✗	20	✗	30	✓	40	

S	U	N	T	A	N	A	A	T	O	D	E	R	M	P	P	Y	R	S	E
S	S	M	E	W	Q	B	B	I	O	D	E	R	M	A	G	D	T	X	H
K	F	O	X	D	Q	F	D	U	C	R	A	Y	D	G	U	Z	F	S	H
I	G	I	O	C	S	Y	S	C	A	S	T	A	L	I	A	O	H	S	D
N	H	S	M	G	C	L	E	A	N	S	E	R	Y	L	L	F	X	D	P
C	N	T	E	U	E	U	A	E	T	R	E	T	A	I	I	G	O	F	H
U	M	U	G	R	Y	D	U	C	R	A	Y	C	A	W	O	H	I	G	O
R	S	R	A	E	U	C	E	R	I	N	R	T	X	R	P	K	L	H	T
E	E	I	H	N	I	T	P	O	R	O	I	S	Z	V	S	L	Y	J	O
R	B	Z	H	O	I	D	L	K	N	O	P	D	F	T	I	O	A	N	D
H	I	I	K	T	P	S	K	W	N	S	L	G	G	H	F	C	S	K	E
K	U	N	L	N	E	E	R	C	S	N	U	S	J	X	G	O	H	K	R
O	M	G	S	O	W	A	H	A	T	U	R	I	A	G	E	J	D	Y	M
P	F	E	N	E	V	A	B	U	M	X	S	K	I	N	C	A	R	E	S

S	U	N	T	A	N		A	T	O	D	E	R	M	P	P				E
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N		S	M		C	L	E	A	N	S	E	R		L	L				P
C		T	E										A	I			O		H
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	B	Z		O					N	O					I				D
	I	I		T					N		L					C			E
	U	N		N	E	E	R	C	S	N	U	S					H		R
	M	G								U	R	I	A	G	E			Y	M
		E	N	E	V	A				X	S	K	I	N	C	A	R	E	